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RAFA RULES NEW YORK

REJUVENATED NADAL BEATS DJOKOVIC AT U.S. OPEN FOR 13TH GRAND SLAM TITLE

PAGE 40

Syria agrees to hand over chemical arms

But skeptical White House still pressing for military action

PAGE 8

Newspapers defend Ford reporting

Hearing scrutinizes Toronto Star, Globe and Mail stories detailing drug allegations

PAGE 4

Salinger revealed

Writer spent years on trail of famed author, wooing reluctant interviewees and ultimately producing book, documentary

PAGE 15

Immigrants hit hardest by foreign service strike: Data

Labour dispute. Visas for newcomers are down, while temporary visas for tourists and students are up

Permanent-residency applicants appear to be taking the biggest hit from ongoing job action by foreign-affairs officers, prompting concerns about whether Ottawa's 2013 immigration target can be met.

According to government data obtained by the Torstar News Service, the number of immigrant visas granted from May to July of this year has dropped 7.5 per cent, to 60,416 individuals. That compares to 65,255 in the same period last year and marks a whopping 22 per cent drop from the same three-month period in 2010.

Background

- The labour dispute centres on Ottawa's refusal to close the wage gap between foreign-affairs workers and their counterparts in similar types of work. Closing the gap will incur a $4-million one-time cost.
- There is still no resolution in sight as the job action enters its sixth month.

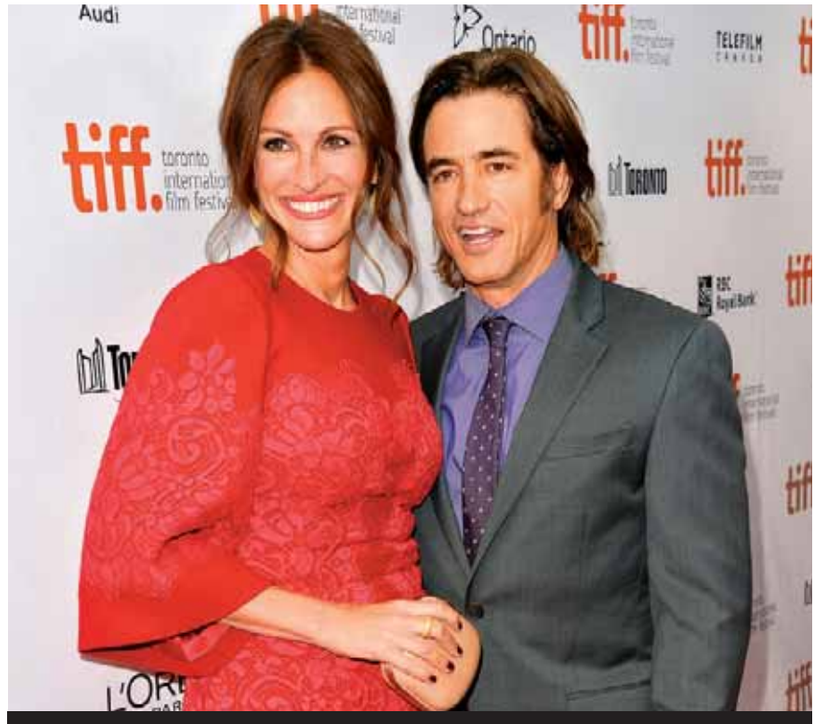
The numbers appear to bolster claims by the foreign-service workers' union that staff are being diverted to process temporary-resident visa applications at the expense of permanent-resident files, which the government denies.

"The processing of permanent-resident visas has been ground to a standstill at a number of (visa) sections we targeted," said Timothy Edwards, president of the Professional Association of Foreign Services Officers (PAFSO), whose members have implemented rotating strikes and work-to-rule at busy visa posts.

Since PAFSO began its job action in April, the number of temporary visas issued to foreign visitors, students and workers from its top-10 countries has actually risen by 11 per cent to 296,531, from the same time in 2012.

Ottawa has been under tremendous pressure from the tourism industry, universities and colleges, and employers to ensure that Canada's tourism industry and international education sector would not be affected by the labour dispute.

TORSTAR NEWS SERVICE



PRETTY WOMAN SHINES

A glowing Julia Roberts and her co-star Dermot Mulroney arrive at the August: Osage County premiere on Monday at Roy Thomson Hall. The Oscar buzz for this comedy-drama based on Tracy Letts' play — and also starring Meryl Streep — is already huge. More TIFF coverage, pages 18 & 20. JASON MERRITT/GETTY IMAGES

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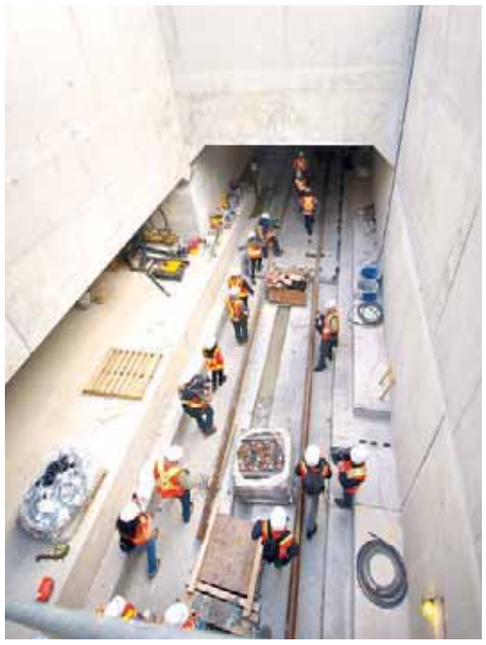

Totally tubular!

The tunnel to Vaughan Metropolitan Centre is nearly complete and the stations are taking shape amid cranes and construction north of Downsview station. This photo looks down onto the platform of the Sheppard West station. The new stations, illuminated with natural light, will open in late 2016. Thirty million riders are expected to use the new subway in its first year of operation.

KEITH BEATY/TORSTAR NEWS SERVICE

Floating restaurant

City pushes to seize Captain John's

City councillors are looking to the courts for help in seizing Captain John's floating restaurant and evicting its owner from the former waterfront icon.

Last year, city officials turned off the taps because John Letnik owes about $1 million in property taxes and slippage fees going back 11 years. He hasn't paid a water bill since 2006.

On Monday, the government management committee agreed that the city, Toronto Port Authority and Waterfront Toronto should ask the courts to evict Letnik from the M.S. Jardan, where he's been living. The recommendations are confidential because they pertain to litigation or potential litigation.

Coun. Pam McConnell said the issue is more problematic than if a homeowner owes back taxes. "The water lot is owned by the port authority, a federal agency," she said. TORSTAR NEWS SERVICE

Background check may have saved child, inquest hears

Jeffrey Baldwin. Coroner's inquest begins, 11 years after five-year-old died at hands of grandparents

A simple background check might have saved Jeffrey Baldwin.

Instead, the five-year-old was starved, neglected and locked in a cold, urine-soaked bedroom — dead in 2002 at the hands of his grandparents, who, if children's aid societies had bothered to look, would have been revealed as having a "horrific history" of child abuse.

Revealed on Monday, the first day in a long-awaited coroner's inquest, this oversight offers insight into the tragic story — and a major lesson in how to ensure it is never repeated. But with the welfare of other children at stake, why has it taken more than a decade to determine how the system failed Jeffrey?

The main reason is that a coroner's inquest, which is meant to focus the public attention on the circumstances surrounding a death, can't be called until after all legal matters are completed.

"In the interest of natural justice, we cannot be conducting inquests when there are other judicial proceedings that take precedent," said Cheryl Mahyr, issues manager for the coroner's office. "It's prejudicial."

The coroner's office announced the inquest in March 2011, several weeks after the appeals of Elva Bottineau and Norman Kidman were rejected. Both were convicted of second-degree murder in their grandson's death in 2006.

Mahyr said it typically takes about two years to get the logistics in place for an inquest.

Ontario Child Advocate Irwin Elman said he hoped the inquest would address, among other questions, "How can we have this kind of process happen more quickly?"

"These are children, and they are children who … we as a province have made a commitment to," Elman told Torstar News Service. "The inquest should have happened immediately, the moment it was called, because there's not a moment to lose."

Eleven years on

Since Jeffrey's death, changes have been made at children's aid societies across Ontario, including at Catholic Children's Aid Society, the agency that placed the boy and his siblings with their grandparents in 1998.

- In addition to increased background, family history and record checks, relatives who become caregivers are also subjected to the same rigorous standards as foster parents and adoptive parents.

Elva Bottineau, grandmother convicted in the murder case of Jeffrey Baldwin TORSTAR NEWS SERVICE

On Monday, the inquest heard that neither the Catholic Children's Aid Society nor the York Children's Aid Society realized that both grandparents had previous convictions for child abuse.

"After the grandparents were granted custody … the children's aid society closed their file and no worker oversaw or checked in on the family," said Jill Witkin, counsel for the coroner.

"Moreover, no worker performed any background checks on Elva and Norman prior to the transfer of a child, no criminal record checks and no internal checks of past society files," she said. "Had proper checks been done, they would have revealed a horrific history of incapable parenting and child abuse."

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Toronto Star editor: Ford crack 'story is true ... every word'

Public hearing. Mayor offered 14 chances to comment, Michael Cooke tells press council

Mayor Rob Ford and his staffers were offered 14 chances to respond to allegations that he was filmed smoking what appears to be crack cocaine before the Toronto Star published a front-page story about the scandal.

The Star provided a step-by-step account of its efforts to speak to the mayor as editors defended the paper's reporting in an Ontario Press Council hearing Monday.

"The man could have explained himself, but didn't," Star editor Michael Cooke told a three-member panel of council members. "Why hasn't he?"

The mayor did not attend the hearing and did not respond to the Star's request for comment on this story. He was invited to file a complaint with the press council so he could participate in the proceedings, but did not. The hearing would have been an opportunity for him to refute the story in a public forum.

In the May 17 story, Ford's lawyer was quoted saying the allegations were "false and defamatory."

Despite that statement, Cooke told the panel, Ford has not taken legal action.

Ford has never addressed the crack video allegations in detail. Days after the Star investigation ran, he told reporters it was "ridiculous" and "another story with respect to the Toronto Star going after me."

At a news conference a week later, he read a prepared statement: "I do not use crack cocaine, nor am I an addict of crack cocaine," he said. "As for a video, I cannot comment on a video that I have never seen or does not exist."

The press council's decision to hold a public hearing came after it received complaints from 41 readers about the Star story and a Globe and Mail report alleging Coun. Doug Ford dealt hashish as a young man.

TORSTAR NEWS SERVICE

Media ethics

Press council members will look at three main issues:

- **1.** Whether the story was in the public interest.
- **2.** Whether adequate efforts were made to verify the allegations.
- **3.** Whether Ford was given enough notice and a reasonable opportunity to respond.

The Toronto Star's editor-in-chief Michael Cooke makes the case for why the newspaper ran the Rob Ford crack story at an Ontario Press Council hearing Monday at Ryerson University's Sears Atrium. COLIN MCCONNELL/TORSTAR NEWS SERVICE

Globe editor-in-chief John Stackhouse
THE CANADIAN PRESS

Globe & Mail backs use of anonymous sources

A Globe and Mail article alleging Coun. Doug Ford used to be a drug dealer was important enough to the public to publish using anonymous sources, the paper argued at an Ontario Press Council hearing Monday.

The hearing, which lasted more than an hour and looked at whether the newspaper's investigative reporting was irresponsible or unethical, focused mostly on the steps reporters took, how details were corroborated and the attempts made to seek comment from Ford.

But a detailed breakdown of the checks and balances the paper undertook to ensure the story was accurate did little to assuage complainant Connie Harrison's concerns.

Harrison argued the paper should have "burned" or named its sources, since the Globe's "The Ford family's history with drug dealing" and several other articles about Mayor Rob Ford have left the city in "crisis."

"The leadership is a mess because of these stories," she told reporters.

TORSTAR NEWS SERVICE

Feet to the fire

"We feel we've done our job.... We can't ... think about how it might paralyze people's opinions of the Fords." Reporter Greg McArthur

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Toronto police searching Millard farm again

Homicide. This is the second time Toronto officers have searched the farm in relation to missing woman Laura Babcock

Toronto police are once again searching the farm of accused murderer Dellen Millard.

The forensic identification unit was on scene of the sprawling farm in Ayr, Ont., near Waterloo, Ont., after new information came to light, according to Const. Victor Kwong.

Police were executing a warrant that began Monday at 8 a.m.. Kwong wasn't sure how long police will be examining the farm where Ancaster, Ont., father Tim Bosma's charred remains were found in May.

A Toronto police forensic unit truck was parked outside a dilapidated wooden barn Monday afternoon while investigators wearing coveralls appeared to focus their search inside.

Plainclothes detectives were seen coming and going before Waterloo Regional Police drug unit officers arrived on scene. Officers wearing full protective suits and masks were seen entering the barn and leaving with several containers of what looked like forensic supplies.

The fresh search was news to the family of Laura Babcock, who went missing last summer while she was involved with Millard, said Laura's father, Clayton.

"Police haven't told us anything," he said. "They said they would let us know if it involved Laura."

Millard's lawyer, Deepak Paradkar said he was not aware of the search, adding Millard has never been interviewed about Babcock's disappearance.

"They haven't updated me, my client hasn't been questioned, so we don't know," Paradkar said.

Millard stands accused of first-degree murder in the death of 32-year-old Bosma. Also accused is Mark Smich of Oakville, Ont.

Toronto police's investigation surrounding Millard has been shrouded in mystery since his arrest in May.

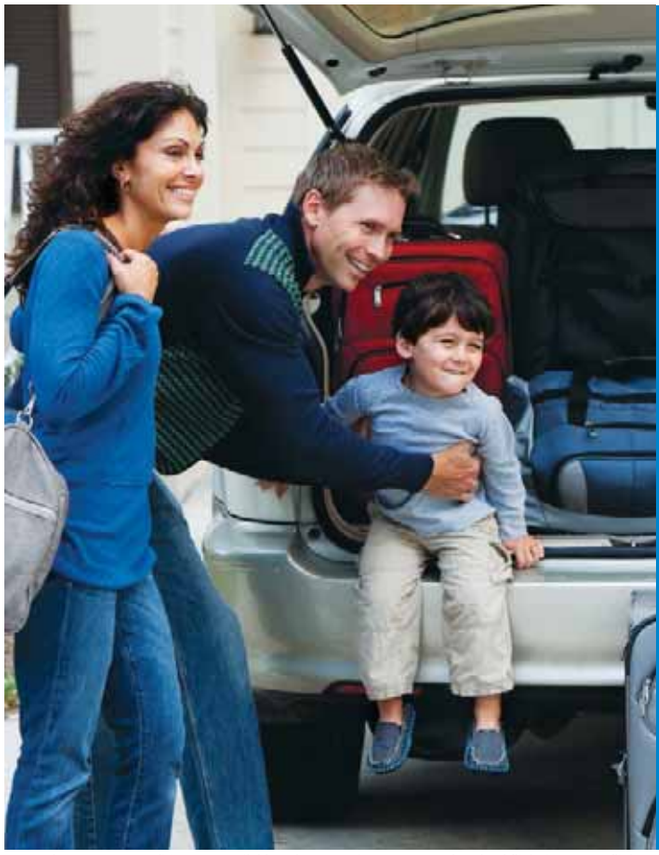
They have also been probing the apparent suicide of Millard's father, Wayne, as well as the disappearance of 23-year-old Babcock of Toronto; Hamilton police have been handling the Bosma investigation.

Toronto police searched the farm for several days in May, but didn't find anything.

Babcock hasn't been heard from since last June. Her ex-boyfriend told Torstar News Service her last phone call according to her cellphone bill was to Millard's phone.

TORSTAR NEWS SERVICE

Toronto and Waterloo Regional Police investigators returned to the Roseville Road farm owned by murder suspect Dellen Millard on Monday.
TORSTAR NEWS SERVICE



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Chris Hadfield arrives at the TIFF Gravity gala on Sunday.
THE CANADIAN PRESS

Hadfield impressed by newest space odyssey, Gravity

It was an innocent question, but probably the most obvious one at a Q & A after the North American premiere of Alfonso Cuarón's Gravity.

And it wasn't for any of the stars on stage, including Sandra Bullock. It was for the astronauts in the audience.

Chris Hadfield, retired commander of the International Space Station, and Roberta Bondar, Canada's first woman in space, were on hand Sunday night to watch the Toronto International Film Festival opening of Gravity. The visually stunning film shot in 3D shows an astronaut played by Bullock drifting in space, desperately trying to get back to Earth.

Quoted

"And if I were to ever fly in space again, I want to fly with Sandra (Bullock)."
Chris Hadfield

"Now I'm very, very scared about the next question," Cuarón said as someone in the Princess of Wales theatre asked Hadfield to weigh in.

How real was this film? It's a question best answered by a man who last year spent 146 days in space, 144 of which were on the space station.

"Fortunately, the five months that I spent on the space station went way calmer," Hadfield said.

TORSTAR NEWS SERVICE

Crown calls for harshest penalty since execution

Travis Baumgartner admitted to carrying out multiple homicides in his bid to steal hundreds of thousands of dollars. THE CANADIAN PRESS FILE

No parole for 40 years.

Ex-guard pleads guilty to killing three co-workers, attempting to kill fourth

An Edmonton judge is to decide whether an armoured-car guard who killed three co-workers and severely injured a fourth will be the first person in Canada to receive the harshest sentence since the death penalty was in force.

Crown and defence lawyers are both recommending Travis Baumgartner be sentenced — under a new federal law enacted by Parliament in 2011 — to life with no parole for 40 years.

Baumgartner, 22, pleaded guilty Monday to one count of first-degree murder, two counts of second-degree murder and a charge of attempted murder in a plea bargain.

Chief Crown prosecutor Steve Bilodeau said the new law gives judges the discretion to impose consecutive parole ineligibility periods in cases involving multiple murders.

Associate Chief Justice John Rooke said he will issue his decision Wednesday morning.

Bilodeau said he understands the judge is wading into "untested waters" and, if granted, it would be the toughest term imposed since 1962 — the double hanging of Arthur Lucas and Ronald Turpin in Toronto.

But Bilodeau said Baumgartner's case warrants extraordinary punishment.

"Travis Baumgartner was supposed to be watching his fellow guards but instead shot them in their heads," he told the court. "The depth of betrayal is remarkable."

Baumgartner methodically shot his fellow guards while they were reloading ATMs on June 15, 2012.

Court heard that he owed friends and family money.

Baumgartner left undisclosed amounts of money at the homes of two friends and plopped $64,000 in cash on his mother's kitchen table before he was arrested.

THE CANADIAN PRESS

Girls-pimping-girls trial.

John describes soliciting alleged victims, 16 and 13

The trial of three teenage girls accused of forcing girls as young as 13 into prostitution resumed Monday in Ottawa with testimony from a John who paid for sexual favours with some of the alleged victims.

The trial, which started in April and lasted four weeks, has been on hold for months.

Fazel Popal, 41, testified Monday he agreed to meet with an escort that was arranged by the so-called ringleader of the three accused in spring 2012.

None of the accused or the alleged victims can be identified by law. All three accused have pleaded not guilty to the charges laid against them, which include human trafficking, forcible confinement, sexual assault, abduction and procuring for prostitution.

They were 15, 15 and 16 when they were allegedly running the prostitution ring. The Crown accuses the girls of using violence and social media to recruit other teens.

Popal, 41, said he met one accused on the job. The exchange led him to pick up an alleged victim one day from a gas station in Ottawa's east end.

According to the Crown, the victim was 16 years old at the time. Popal testified she told him she was 19.

Popal said he drove the girl with two of the accused and a fourth girl to his friend's apartment, where the alleged victim performed oral sex on him.

Popal said that a few days later he met with a second alleged victim who was actually 13 at the time, and she looked scared and nervous.

She refused to have sex and instead offered $20 to appease him. He recalled her saying, "I'm not that type of girl. I've been forced to do this."

Popal testified he offered to bring her to the police, but she refused because her alleged captors had her belongings.

In cross-examination, Popal agreed that during the meeting with the first alleged victim he didn't hear anyone threaten her or see anyone push her into his car. JOE LOFARO/METRO IN OTTAWA

John's account

"She was scared, shaking and she looked ... white."

Fazel Popal, a self-professed John, on meeting a 13-year-old alleged victim

Gun laws

Should the blind be packing heat?

Some blind people are granted gun permits in one U.S. state, and law enforcement officials are debating the wisdom of it.

The Des Moines Register reports that Iowa law doesn't allow sheriffs to deny a permit to carry a gun in public based on physical ability. Blind people can obtain the permits for carrying a weapon in public because of changes to state law that took effect in 2011.

Jane Hudson with Disability Rights Iowa said federal law requires states to analyze a situation individually before denying a service.

"The fact that you can't drive a car doesn't mean you can't go to a shooting range and see a target," Hudson said.

THE ASSOCIATED PRESS

Conrad Black

Verbose ex-con to grace TV sets in Oct.

Conrad Black's weekly current-affairs show will begin airing next month.

The flagship show, titled The Zoomer — Television for Boomers With Zip was announced in May but had yet to bring the former media executive into Canadian living rooms.

ZoomerMedia now says the 60-minute talk show will begin airing on its Vision TV channel Oct. 7 at 9 p.m.

It will be co-hosted by former Citytv/MuchMusic journalist and CBC Radio executive Denise Donlon.

As part of each episode, Black will conduct a feature "Conversation With Conrad" or participate in a panel discussion with "some of the world's greats." He will also tackle a slew of issues in an editorial segment.

THE CANADIAN PRESS

Long-term care

Group says mice found nibbling on patient's face

A health-care advocacy group says a dementia patient at a long-term-care home in Alberta is recovering after a staff member found mice nibbling at her face.

Friends of Medicare says it happened at St. Therese Villa in Lethbridge on Sept. 1.

"The lady was in fact bitten and now she's been medically treated for that," said Sandra Azocar, executive director of Friends of Medicare.

"I'm completely horrified. I think it's beyond words."

Staff first complained about mice about a year ago, Azocar said. She added the care centre also has had a bedbug infestation for months. THE CANADIAN PRESS

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Syria surprisingly agrees to surrender chemical weapons

Taken with a grain of salt. U.S. will consider proposal for peaceful solution but is still trying to sell Congress on taking military action

A possible diplomatic solution to avoid a U.S. military strike arose Monday when Syria swiftly welcomed a suggestion to move all of the country's chemical weapons under international control. President Barack Obama said the proposal could be a potential breakthrough but he remained skeptical that Syria would follow through.

The White House pressed ahead with efforts to persuade Congress to authorize a military strike, and Obama said the day's developments were doubtless due in part to the "credible possibility" of that action. U.S. officials insisted that Syrian President Bashar Assad's government must be held accountable for using chemical weapons regardless of what happens to its stocks.

But the diplomatic opening could provide Obama with a way out of a messy political and foreign-policy bind. It followed a remarkable chain of events that started with a suggestion from Secretary of State John Kerry, followed by a proposal from Russia and immediate endorsement by the UN secretary-general.

Obama told NBC News in an interview Monday that he's taking a statement from Damascus welcoming the idea "with a grain of salt initially." But he said he would "absolutely" halt a U.S. military strike if Syria's stockpiles were successfully secured.

"My objective here has always been to deal with a very specific problem," Obama said in an interview with ABC News. "If we can do that without a military strike, that is overwhelmingly my preference."

THE ASSOCIATED PRESS

In this frame grab from video taken Sunday and provided by CBS This Morning, Syrian President Bashar Assad responds to a question from journalist Charlie Rose during an interview in Damascus, Syria. In the interview broadcasted Monday on CBS, Assad threatened to retaliate for any military strike launched in response to the alleged chemical-weapons attack. THE ASSOCIATED PRESS

Police. Estranged wife says George Zimmerman threatened her with a gun

George Zimmerman
GETTY IMAGES FILE

The estranged wife of a former neighbourhood watchman acquitted in the shooting death of a black teenager called police officers Monday, saying her husband threatened her and her father with a gun.

Shellie Zimmerman called police shortly after 2 p.m. Monday, said Police Chief Steve Bracknell. In the call, she said George Zimmerman punched her father in the nose, grabbed an iPad out of her hand and smashed it and threatened them both with a gun. THE ASSOCIATED PRESS

Secret court motions

Facebook, Yahoo want to disclose data on FISA orders

Facebook and Yahoo asked a secret court Monday to allow them to disclose data on national security orders the companies have received under the Foreign Intelligence Surveillance Act.

THE ASSOCIATED PRESS

Social media

Iran likes Facebook for its politicians, but not its citizens

Iran's curious world of online politics is a bit more crowded with members of President Hasan Rouhani's Cabinet encouraged to open their own Facebook pages — in a country where authorities try to block the public from social media.

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‘Politics in Russia was finally born’

Moscow mayoral election. Despite losing, opposition leader describes outcome as a victory

Opposition leader Alexei Navalny on Monday night defused anger over the Moscow mayoral election, telling a vast square of cheering supporters to celebrate his surprisingly strong second-place finish as a victory that gave rise to real political competition in Russia.

Navalny has claimed that Sunday’s vote was manipulated to give the Kremlin-appointed incumbent, Sergei Sobyanin, the slim majority he needed to win in the first round and avoid a runoff. Russia’s most respected election monitoring group also questioned the accuracy of the vote.

But rather than call for angry protests like those he led after the fraud-tainted 2011 national parliamentary election, Navalny urged his supporters to keep up the kind of grassroots political activism that helped him defy all expectations and win 27 per cent of the vote.

Sunday’s election was in some ways less about Sobyanin, who many agree has brought positive change to Moscow, and more about the depth of discontent with President Vladimir Putin, especially among the young and middle class. Navalny, 37, attracted thousands of enthusiastic volunteers.

“During these elections, politics in Russia was finally born,” Navalny told the crowd that filled Bolotnaya Square.

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Opposition leader Alexei Navalny SERGEI GRITS/THE ASSOCIATED PRESS

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Ethics 101. Saint Mary’s alumnus to return degree

Daren Miller said he “worked his butt off” to obtain degrees in economics and finance from Saint Mary’s University.

But next Monday the Calgary chartered financial analyst plans to march onto the institution’s Halifax campus, turn over his two scrolls and demand his name be pulled from graduation records, in a show of solidarity against a pro-rape chant allegedly led by student representatives.

“My initial reaction was complete horror with the zeal of these young men and, even more shocking, that there were these young women in the video,” Miller said. “There has got to be a sea change — an institutional shift — and stepping down of the leadership to allow fresh, new, young, maritime blood to be able to come and figure out what’s going on.”

Miller is donating $20,000 — the inflation-adjusted amount of his Saint Mary’s scholarships — to the Walk a Mile in Her Shoes event in Banff.

He said if the culture at the school he called home between 1990 and 1995 improves, he would proudly display his accomplishments again.

A spokesperson reached via email did not indicate whether they would actually grant Miller his request to be removed from the records.

JEREMY NOLAIS/METRO IN CALGARY

Breeding like giraffes?

Mother giraffe Jang-Soon rubs her calf at the park in Yongin, South Korea. Officials at the park announced Monday that Jang-Soon gave birth to her 18th calf, what the park says is a new world record. The birth on Sunday came coincidentally on Jang-Soon’s 27th birthday.

SAMSUNG EVERLAND/THE ASSOCIATED PRESS

Rodman says he's going back to visit 'good guy' Kim

Game plan. Retired NBA star says the autocratic leader has asked him to train North Korean players for the 2016 Olympics

Dennis Rodman is going back to North Korea, and bringing a team of former NBA players with him.

Days after returning from his second trip to visit Kim Jong Un — in which he said he became the first foreigner to hold the leader's newborn daughter — Rodman announced plans Monday to stage two exhibition games in North Korea in January.

The first will be Jan. 8 — Kim's birthday — with another to follow two days later.

Former NBA basketball player Dennis Rodman speaks to the media in New York on Monday.
JOHN MINCHILLO/THE ASSOCIATED PRESS

Rodman insisted at the Manhattan news conference that Kim is a good person who wants to have better relations with the United States.

Though saying he didn't want to discuss politics, Rodman raised his voice when answering a questioner about Kim's human-rights record and portrayed himself as the person who could make outsiders see the young leader as different than his father and grandfather. "He has to do his job but he's a very good guy," Rodman said.

He talked around a question about American citizen and Christian missionary Kenneth Bae, who was arrested in November. Rodman said lobbying for the release of a prisoner wasn't his job, blaming U.S. President Barack Obama for not reaching out to ease tensions between the countries.

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Hong Kong Travel Nov 12 - Nov 26/jl/hu	$1069	$3399
Dubai Travel Oct 14 - Oct 25/kl/lh	$1199	$3569
Sao Paulo Travel Oct 8 - Oct 23/ac/ac	$1219	$5605
Sydney Travel Nov 12 - Nov 26/dl/jl	$1799	$6159

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Orlando Travel Sep 15 - Sep 22/ts	$352
Boston Travel Oct 9 - Oct 16/dl	$359
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Chicago Travel Nov 5 - Nov 12/ac	$391
Halifax Travel Oct 9 - Oct 16/ws	$473
Calgary Travel Nov 5 - Nov 12/ac	$645
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Hadfield touches down to launch new Ivey building

London, Ont. Business students benefit from some out-of-this-world advice as part of $110M complex's grand opening

SCOTT TAYLOR
Metro in London, Ont.

The astronaut who became a star instilled Western University business students with a message of hope tempered with reality on Monday.

"Prepare for the worst," urged Cmdr. Chris Hadfield, considered by some to be Canada's greatest gift to space since the Canadarm. Back on earth after more than five months at the helm of the International Space Station (ISS), Hadfield was invited to Western as part of the school's unveiling of the $110-million Richard Ivey Building.

Cmdr. Chris Hadfield takes the stage Monday at Western University, urging a crowd of business students to be prepared for anything that comes their way. ANGELA MULLINS/METRO

Hadfield noted how much the world has changed since the end of the Second World War, marvelling over the many "antagonistic countries" that worked together to build the ISS. "To think about that transition happening in less than a lifetime, of all of that hatred and misunderstanding and individual agendas, and now there's a mission control for the space station in Japan, one in Germany, one in Moscow, in Canada and the United States," he said.

Richard Ivey Building stats

- The Ivey Business School's new showpiece boasts three student lounges, 15 78-seat classrooms and five 50-seat classrooms. It also has enough exterior glass to cover 10 basketball courts.

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Kryptonian currency. Mint unveils Superman coins

Superman has received the Canadian royal treatment. The Royal Canadian Mint unveiled seven coins Monday, each depicting different moments in the superhero's history, in order to mark the character's 75th anniversary.

The coins also feature an engraved message reading "75 years of Superman" in the character's native language, Kryptonian. One of the coins depicts Superman flying above Metropolis with the famous Fortress of Solitude in the background.

The 14-karat gold coin sells for $750 and is supposed to be like the original design of Superman's Canadian co-creator, Joe Shuster. The other six coins have a price range from $29.75 to $129.75.

The designs include a 3-D hologram of Superman flying and an almost pure silver coin of Superman in his latest uniform. THE CANADIAN PRESS

Superman fan Norman Antonio wears a costume as he attends the unveiling of the Royal Canadian Mint's Superman commemorative coins in Toronto on Monday. MICHELLE SIU/THE CANADIAN PRESS

Alcohol sales

If you let us sell booze, we'll build new stores: Mac's

Mac's Convenience Stores Inc. is promising to invest $54 million dollars to build 27 new convenience stores in Ontario if it is granted the right to sell alcohol in the province. The chain, owned by Alimentation Couche-Tard, made a pitch for selling booze to the Toronto Region Board of Trade on Monday.

Tom Moher, vice-president of operations of the central Canada division of Mac's, estimated the expansion would create up to 170 full-time jobs. THE CANADIAN PRESS

Retail

CPPIB, Ares to buy Neiman Marcus

A $6-billion US deal for American luxury retailer Neiman Marcus comes at a good time because the strengthening U.S. economy provides opportunities for growth, the Canada Pension Plan Investment Board said Monday after announcing it's partnering with private equity firm Ares Management to buy the Dallas-based company.

Neiman Marcus is one of the largest luxury retailers in the U.S., with 79 stores under the Neiman Marcus and other banners, including two Bergdorf Goodman locations in Manhattan. THE CANADIAN PRESS

Market Minute

DOLLAR 96.40¢ (+0.33¢)

Natural gas: $3.61 US (+8¢)
Dow Jones: 15,063.12 (+140.62)

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DON'T FALL FOR ALL DIGITAL DEALS

SHE SAYS

Jessica Napier
metronews.ca

I'm a sucker for a daily deal. If you tempt me with 62 per cent off a spa package or discounted eyelash extensions, there's a pretty good chance I'll punch in my credit card information.

Today, there are more than 300 group-buying websites worldwide offering an infinite number of ways to help you look, feel, eat and live better for less. At the best of times, these e-commerce portals have a lot to offer both merchants and consumers, helping retailers bring in new customers and providing thrifty folk a great opportunity to try out local businesses on the cheap.

However, I'm starting to find that I'm racking up my Visa card with high expectations only to feel let down when these discounted experiences don't exactly pan out.

Admittedly, sometimes it's my own fault. Promotional emails usually show up in my inbox before my morning coffee has kicked in which leads to impulsive purchases without any consideration of when I'll use the coupon or whether I actually have any interest in the product on offer. I mean, how many gallery wrapped canvas prints does one person really need?

These spontaneous buys often result in a subpar user experience. Overlooking the imminent expiry date on your gym pass can make it impossible to attend enough classes to make it worthwhile. And forgetting to read the fine print means you'll probably gloss over some important restrictions, such as those details stipulating your coupon for a romantic dinner for two is actually only valid between 5 p.m. and 6 p.m. on Mondays.

I know when I'm to blame when it comes to not getting the most out of my discounted purchases. But what happens when you do everything right and still wind up disappointed?

Last Christmas, my boyfriend received a voucher to test drive exotic cars at a nearby race track. Unfortunately, after dozens of phone calls and emails sent to the company that was offering the deal, it became apparent that scheduling a spot for him behind the wheel wasn't going to happen.

And this certainly isn't the only case of an online coupon gone sour. I know plenty of people who have had similar experiences with local merchants abruptly closing up shop or making it so difficult to book appointments that buyers are forced to just give up altogether.

Most sites offer refunds or credit for defunct deals, with the onus on the individual buyer to follow up and demand their money back. That said, I'm still waiting to hear back from a couple of companies regarding my own unsatisfactory experiences and am learning to be much more cautious when it comes to these bargain buys.

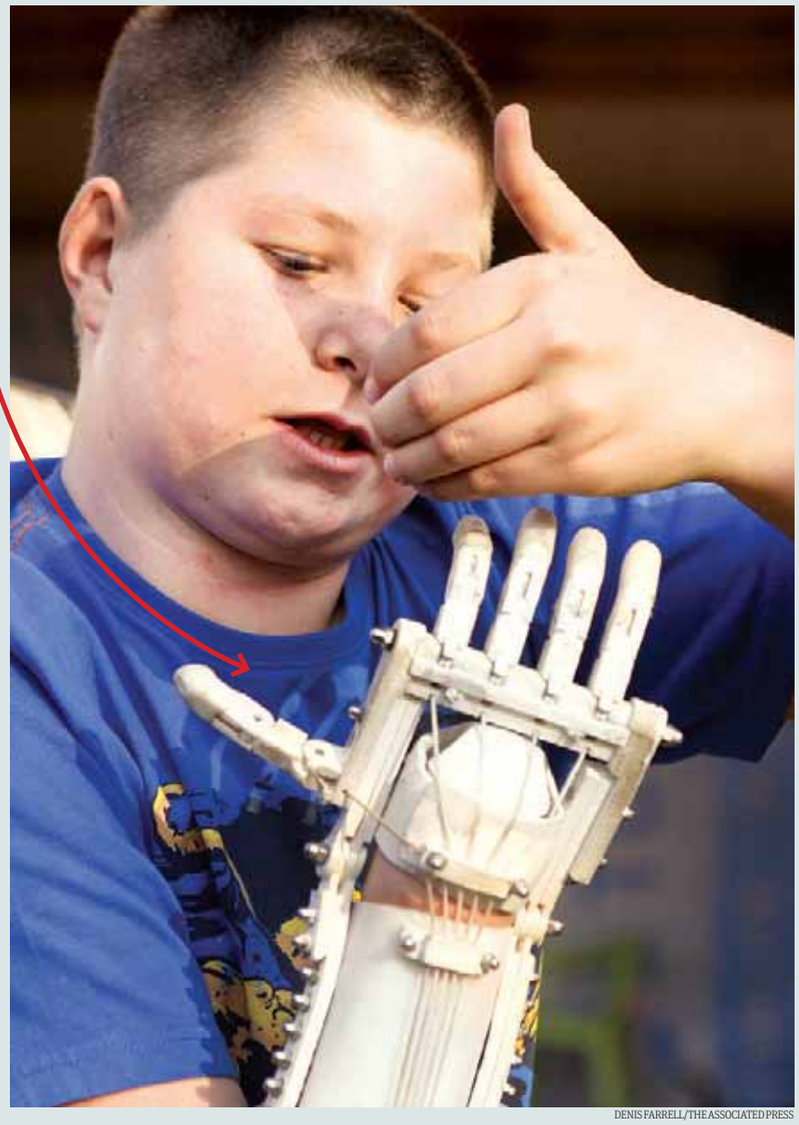
Because sometimes those frugal finds really are too good to be true.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Do you need a hand?

3D printing helps replace lost digits



DENIS FARRELL/THE ASSOCIATED PRESS

Dylan Laas shows how his Robohand works.

Laas, who was born with Amniotic Band Syndrome, got his hand from South African carpenter Richard van As, who lost four fingers to a circular saw two years ago and started work on building the Robohand after seeing a video posted online of a mechanical hand made for a costume in a theatre production. Since then, van As has fitted Robohands on about 170 people, from toddlers to adults.

THE ASSOCIATED PRESS

The motivation

"After my accident, I was in pain ... Sometimes you have to chop fingers off to start thinking."

Richard van As, Robohand creator

The details

- It's made from cables, screws, 3D printing and thermoplastic. It uses the rotation of a joint to enable five plastic digits to grasp.
- It costs $500 to make.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Bandcamp is an online music store that allows customers to buy music directly from the artists, usually for only a few bucks and with an added bonus of being able to preview albums in full. Here are some Canadian artists to check out.

COURTESY BANDCAMP

How Sad:
Despite the weather trending toward the chilly, How Sad fits in perfectly with the two groups mentioned below as sunny day soundtrack while taking care of the synthpop side of things. Let's hope fall co-operates enough to provide us with a few nice afternoons to enjoy them with. (howsad.bandcamp.com)

Sean Nicolas Savage:
An obnoxiously prolific Montrealer who is equally at home writing breezy summer ballads and electro oddities. Flamingo is about as pleasant as an album gets. (seannicholassavage.bandcamp.com)

Grounders:
A beautifully handled collision of psychedelia, surf guitar and earworm pop, this Toronto band's debut EP is an absolute gimme. (grounders.bandcamp.com)

Twitter

TODAY!

@metropicks asked: Bitcoin kiosks that exchange cash for digital money will come to Canada. Will you be converting?

@Canucklehead_ca: To bitcoins? No way - people should hold off for my 'Lincoins' kiosk which will dispense IOUs. (As good as money.) INVEST

@BrookeBoser: Anyone use these?

@zimer77: Too new and people will decide.... I will not convert!

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Researcher among the shy

Salinger. Armageddon and Avatar writer Shane Salerno took years to find the info he needed for doc about famous author

MATT PRIGGE
Metro World News in New York

J.D. Salinger, left, after the Normandy invasion with his fellow counterintelligence officers. THE ASSOCIATED PRESS

Like many who toil in Hollywood, Shane Salerno had a passion project on the side. While writing for NYPD Blue and getting credits on the likes of Armageddon (he's also James Cameron's co-writer on one of the Avatar sequels), Salerno laboured hard on a look into the unknown (or at least under-known) private life of the most famously private writer of all: J.D. Salinger. The fruits of his labours are now available, namely a documentary and a 700-page book, both called simply Salinger. (And for the record, his favourite Salinger works are the Nine Stories members A Perfect Day for Bananafish and For Esmé — With Love and Squalor.)

Was this always intended to be a non-fiction project?
Initially I wanted to make it as a feature with Daniel Day-Lewis playing Salinger. But I knew how fanatical he was about research. Over the course of all this research I realized it's a documentary. The people I needed to talk to were in their 80s and 90s — this had to go now. And I just started filing them. About six months into the documentary I realized there was no way this story could be told only as a two hour film. That's when the book became important.

Do you view the movie as a gateway attraction for the book, which is bigger and more comprehensive than the two hour film?
I view them as one combined project. They work independently of each other. The book has a ton of material the film doesn't have, and the film has a ton of things the book just can't do — specific cinematic things. The book is about his life and has an enormous amount on his work. The film is about his life with a psychological portrait of his work.

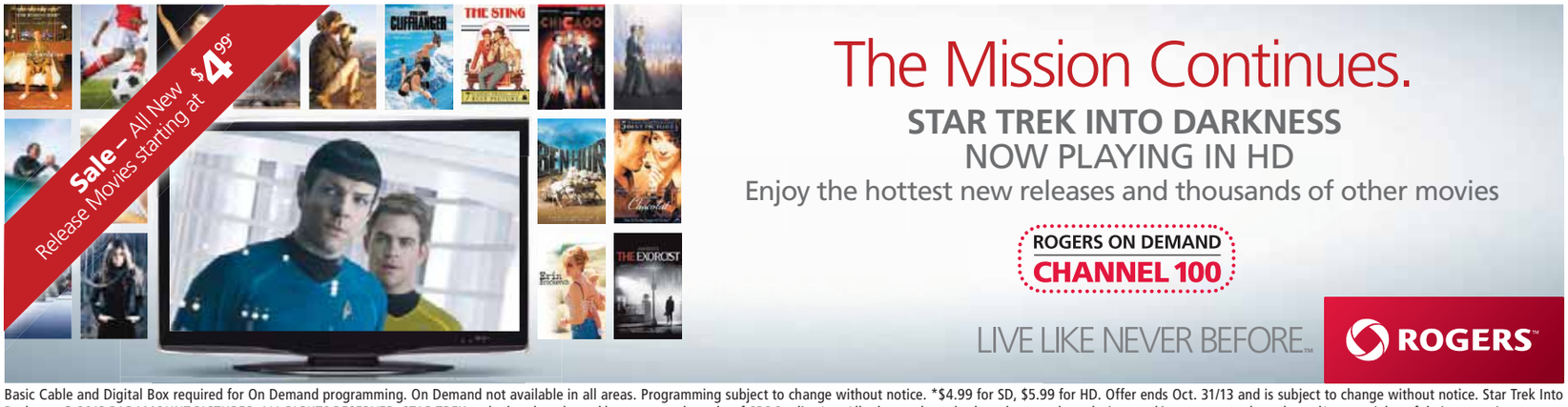
Were some of the people hard to convince to take part?
Sure. In the case of Jean Miller — this was a woman who was 14 when she met Salinger, 19 when their relationship ended, who had a hundred letters from him and had never told her story anywhere. Not only did she talk to us, she gave us all of Salinger's letters to her. They start in '49 and go all the way to 1954, when she's in college, and he's sending her telegrams saying can you come up this weekend? These letters provided this unprecedented look at Salinger.

Did Miller require a lot of coaxing?
I wouldn't say coaxing. She wanted to make sure this was a serious endeavour, and one that would tell her story and Salinger's story honestly. She definitely put us through a hardcore vetting process.

Ultimately how did you wind up convincing her?
I think it was just time. At that point we were eight years in, seven years in, and she had seen the work. And remember if we wanted to do something cheap and exploitive we would have slapped this thing out in 2010, right after he passed away. We had a done film, ready to go when he passed away. There was a lot of pressure to do that. I just knew there was this other material. Because we waited we got things like the only photo of him writing during the war.

Shane Salerno is finally enjoying the fruits of his labour. GETTY IMAGES

Were there myths you wanted to debunk?
That he was a recluse. There was nothing reclusive about J.D. Salinger. Howard Hughes was a recluse. Recluses don't call The New York Times and grant spontaneous interviews. They don't see a 17- year-old girl on the cover of The New York Times Magazine and want to meet her and pursue her. That's another contradiction — he took his picture off of The Catcher in the Rye. That's what I was most interested in — those contradictions.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Halifax's Myles

Long trek to success. East coast singer-songwriter is having the best year of his career, but he's set his sights on achieving even more in the future as he continues down the musical road

You can't fix love with duct tape, Red

Guide to women. Red Green is back and ready to offer his wisdom on love and relationships in a book

For years, nay, centuries, man has struggled with one central question: What does it take to make a woman happy?

Thankfully, a wise man has boldly stepped forward with the answer: Red Green.

Yes, that Red Green. The guy with the checkered shirt, fishing hat and suspenders. The genius who uses duct tape to fix everything. Red Green is back from Possum Lodge, Chapter 11, and once again he has all the answers.

You'll find them in his new book: Red Green's Beginner's Guide to Women (For Men Who Don't Read Instructions).

Chapters include Men are from Mars, Women are from Men, Groom for Improvement and Is it Love or Just Gas?

The hardcover tome published by Random House arrives in bookstores Tuesday, Sept. 17.

Green, the comical creation of Steve Smith, endeavours to help his brethren through all the tricky stages of male-female relationships. There are tips on everything from finding a mate right up to the all-important "learning to deal with her growing disappointment in you."

Smith, 67, thought he had retired Green in 2006 when The Red Green Show went out of production after 15 seasons — making it, he claims, "the longest-running, live-action scripted comedy in the world." When he decided to write books and perform live comedy shows a few years ago, the longtime resident of Hamilton, Ont., had to retrieve Red's hat from the University of Toronto, where he had donated it to the library archives.

Red Green's Beginner's Guide to Women (For Men Who Don't Read Instructions), includes chapters like Men are from Mars, Women are from Men, Groom for Improvement and Is it Love or Just Gas? THE CANADIAN PRESS

Now he's back in cap and suspenders for another Red Green How to Do Everything tour. The live 29-city showcase opens Friday and Saturday in St. Catharines, Ont., with all proceeds from those two shows going to Ronald McDonald House. Other stops include Surrey, B.C. (Thursday, Sept. 19), Casino Rama in Ontario (Oct. 26) and Fredericton, N.B. (Nov. 1). A full list can be found at redgreen.com.

Smith will tour U.S. cities in the spring. In the summer of 2012 he performed in Fairbanks, Alaska, where he judged the 16th annual Red Green River Regatta. Contestants float down a river, says Smith, "and the only rule is you've got to use at least one roll of duct tape and whatever you're in can't be a boat."

Smith watched people paddle by in refrigerators and other homemade contraptions; the locals pelt them with water balloons from the shore.

There'll be no water balloon tossing at the live shows. While some might quibble with Green's credentials as a relationship expert, Smith has earned the right to hand out marriage advice. His union with wife Morag will have lasted 47 years come this Remembrance Day.

"I got a deal on the flowers," says Smith.

The two met in high school and their first date was on

Gift giving

So what's the dumbest thing Steve Smith a.k.a. Red Green has ever given his wife in their 47 years together?

- **Mukluks.** They weren't high-fashion mukluks either. "These were entry level. To me, heels are dangerous."

knows he still has miles to go

David Myles looks long.

That's not just a physical assessment of the tall, gangly 32-year-old singer-songwriter, who cuts an atypical figure for someone who has won one of Canada's top hip-hop music honours. He wears thick-rimmed glasses, hails from New Brunswick with a home base in Halifax and, on this balmy day, he's just completed an intimate set in Toronto for the lunchtime Bay Street crowd wearing a large-brimmed sun hat and white linen suit.

It's also a reflection of Myles's approach to his music career. It's been a wild year that he described as "the best of my career," spurred on by the massive success of Inner Ninja, the earnest rap tune with Halifax MC Classified (the alias of Enfield, N.S.'s Luke Boyd) that has soared to the top of Canadian charts and last year won the Juno for rap recording of the year.

But he's taking it all in stride. "It's been the coolest thing. It really, really has," said Myles. "But I'm not a superstar by any stretch. I'm out there on the road — and everybody is. You play shows, a certain number of people say, 'I love this,' they get the CD: that's how you build your career. There are breaks or whatever, but ultimately day by day, it's incremental building.

"It takes years, man, it takes years. And if you think it doesn't, then I think you're probably in the wrong game."

To those who have tracked Myles's career, this move from singer-songwriter roots crooner to hip-hop might not be that surprising for the musical chameleon. He says he's been a longtime rap fan — particularly of Canadian pioneer Maestro Fresh Wes — and has always been influenced by other genres.

In the same breath, he names Willie Nelson, David Byrne and Sam Cooke among his inspirations; he's collaborated in the past with opera soprano Measha Brueggergosman and bossa nova singer Bia. He says, with a laugh, that his next album might take its cues from country legend Merle Haggard.

"I like the idea of having a really varied career, and I hope I have a long career that's really diverse," he said.

Nevertheless, this recent dip into the hip-hop waters did provide for some new challenges. Myles says he learned music in the "traditional" way — practising scales, learning chords, playing in the school band, training with the Royal Conservatory of Music — which evolved into songwriting. The odd-couple partnership with Boyd, which began five years ago after the two Maritimers met at a music conference, has provided new insights into an unfamiliar frontier, where chords and melodies play second fiddle to drumbeats and samples.

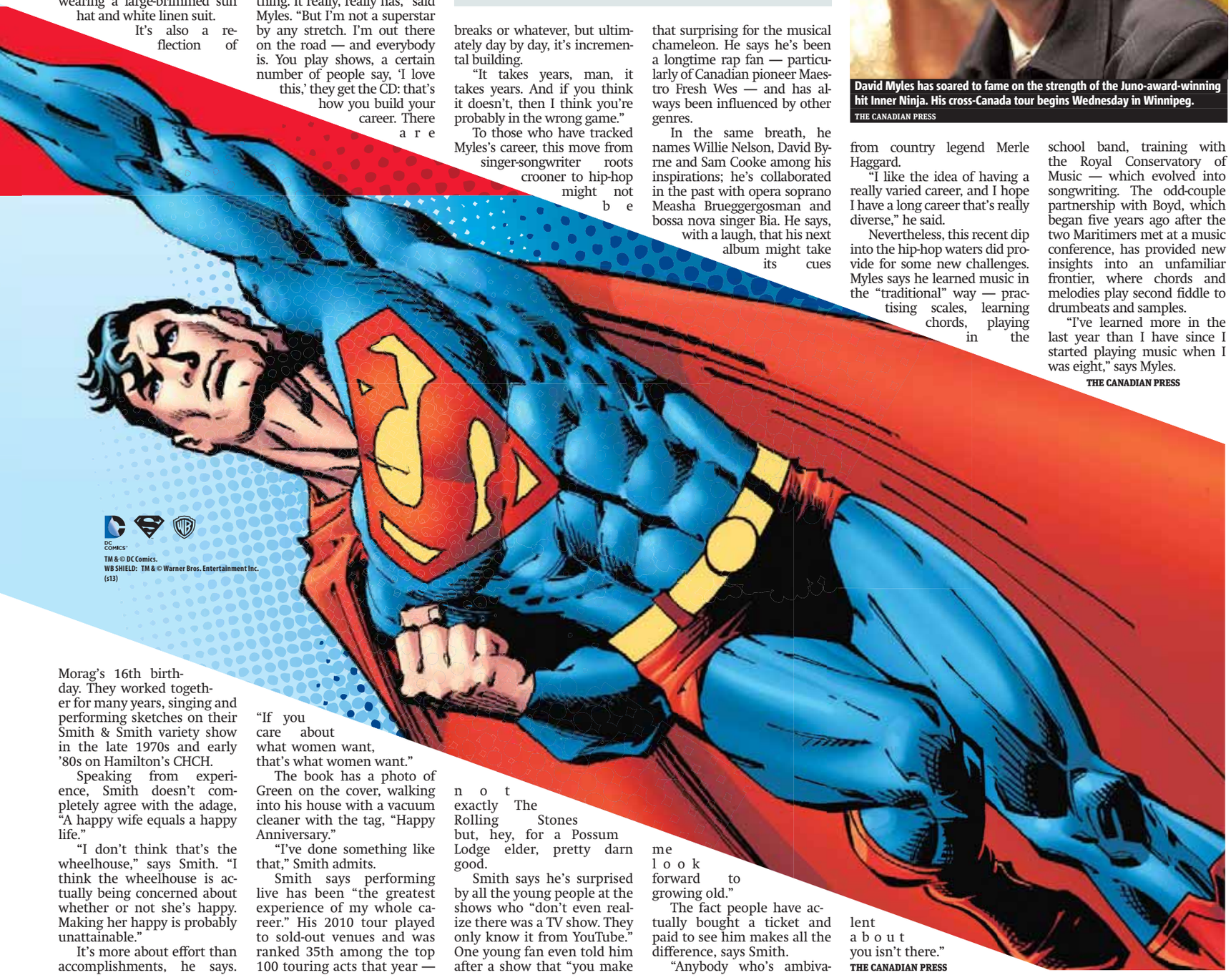
"I've learned more in the last year than I have since I started playing music when I was eight," says Myles.

THE CANADIAN PRESS

Hali-facts

Halifax is the shared home of David Myles and Classified. The city was once hailed as a "new Seattle" for indie rock — promoting that collaborative spirit. The city has produced a wide range of talents, from folkster Joel Plaskett to indie songbird Jenn Grant to oddball rapper Buck 65, many of whom have partnered up and swapped genres like clothes. "You're in it together. You're an outpost, to a certain extent. That's why St. John's is great, Winnipeg is great. There's a certain amount of isolation there, and you've got to hone your skills before you head out into the wider world," Myles says.

David Myles has soared to fame on the strength of the Juno-award-winning hit Inner Ninja. His cross-Canada tour begins Wednesday in Winnipeg.
THE CANADIAN PRESS



Morag's 16th birthday. They worked together for many years, singing and performing sketches on their Smith & Smith variety show in the late 1970s and early '80s on Hamilton's CHCH.

Speaking from experience, Smith doesn't completely agree with the adage, "A happy wife equals a happy life."

"I don't think that's the wheelhouse," says Smith. "I think the wheelhouse is actually being concerned about whether or not she's happy. Making her happy is probably unattainable."

It's more about effort than accomplishments, he says. "If you care about what women want, that's what women want."

The book has a photo of Green on the cover, walking into his house with a vacuum cleaner with the tag, "Happy Anniversary."

"I've done something like that," Smith admits.

Smith says performing live has been "the greatest experience of my whole career." His 2010 tour played to sold-out venues and was ranked 35th among the top 100 touring acts that year — not exactly The Rolling Stones but, hey, for a Possum Lodge elder, pretty darn good.

Smith says he's surprised by all the young people at the shows who "don't even realize there was a TV show. They only know it from YouTube." One young fan even told him after a show that "you make me look forward to growing old."

The fact people have actually bought a ticket and paid to see him makes all the difference, says Smith.

"Anybody who's ambivalent about you isn't there."

THE CANADIAN PRESS

tiff

Banh Mi Boys

At Queen and Spadina, Banh Mi Boys has been catering to lineups out the door ever since opening. The restaurant has a loyal following who regularly rave about the signature Kimchi Fries and fresh to order Banh Mi. There is a petite dining room if you need to give your feet a break, but most come here to grab and go. Kimchi Fries, $5.99.

King's Noodle Restaurant

In the heart of China Town, King's Noodle Restaurant offers a lickety-split authentic Hong-Kong style feast. The window wows with hanging barbecue duck, pork belly and chicken, while inside cooks surrounded in steam whip together fresh noodle dishes like it was a competitive sport. There's plenty of room in the dining room to slurp your noodles. Barbecue Duck Congee, $4.95.

Golden Turtle

Golden Turtle is hands down the city's top spot to grab a pair of chopsticks and fondle your pho. Located in the heart of hipster-ville, this long-time favourite serves up Toronto's most authentic bowls of Vietnamese soup. A small bowl of their signature Rare Beef and Tendon Rice Noodle Soup will cost you $6.50. Be sure to top with hot sauce, basil and plenty of crunchy bean sprouts.

Dobber@TIFF: Six best fest refuel restos

ANDREW JOHN VIRTUE DOBSON
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Whether you are standing for hours waiting to catch a glimpse of your favourite Hollywood star on the red carpet or running around town with a handful of TIFF tickets, we all need to feed ourselves between flicks. During TIFF 2009 I ended up seeing more than 25 films and will never forget the growl that came from my empty belly as I darted from one theatre to the next across town. Here are my favourite spots in the city to refuel: from the cheep and cheerful to funky fresh.

Café Boulud

Chef Daniel Boulud recently set up shop in Toronto at The Four Seasons Hotel. His café sits on the second floor overlooking the hustle and bustle of Yorkville. Locals can be seen sauntering by covered in fur with two or three wee toy dogs on be-dazzled leashes. Iconic pop art by Mr. Brainwash fills the formal space providing a bit of whimsy. Portraits of Michael Jackson, Madonna, Einstein and Bob Marley tip their hat to a neighbourhood known for its celebrities, art dealers and indulgence. Crispy Duck Egg perfection at $18.

La Carnita

Located in the heart of Little Italy, the vibe at La Carnita is electric, catering to Toronto's food obsessed crowd which have been following owner Andrew from his early beginnings as an art-meets-taco pop up, to his first bricks-and mortar-home. The space is covered in graffiti and the bar serves up a mean margarita. Crispy Avocado and Frijoles Taco, $4.75.

Patria

Patria is a bit of a hidden gem tucked away in the TIFF-crazed King West hood. The stunning space features massive gold framed portraits, a wee bar which doubles as a serrano ham deli and floral crocheted wall in the main dining room. Their recently launched weekend brunch offers fruit-filled jugs of sangria and to-die-for Habas con Chorizo for $8.

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Let's be Franco about making films

Everyman of the movie industry. James Franco talks literature, looking for a lead actor and living in the public eye

NED EHRBAR
Metro World News at TIFF

He's so much more than just a handsome face. GETTY IMAGES

James Franco is his usual busy self at TIFF this year, premiering his latest directorial effort, Child of God, based on the novel by Cormac McCarthy and presenting Palo Alto, directed by Gia Coppola and co-starring Franco — and based on Franco's own book of short stories. Before he rushes off to direct his second William Faulkner adaptation, The Sound and the Fury, we asked him to expound on a few topics.

Franco on literary adaptations:

"What I figured out with even my short films based on poetry is if I use a literary source that is somehow stylistically interesting or stylistically unconventional or just complex, it will push me as a filmmaker in new directions. It will take me out of conventional ways of filmmaking," he explains.

"If I'm going to direct a film, I don't want to just do a nice job at something that you've kind of seen before. I want to explore new stuff. And I think that's one of the reasons that I don't just act. There are stories that I love that I just don't think would be told. As I Lay Dying has been around for 80 years, nobody's made it. So I made it. There's this old adage that great books make bad movies and bad books can make good movies, like the Godfather — I mean, it's not a bad book, it's just kind of a dime-store thing. I don't think that's completely true, but what I think is true about it is when people love a good book, it's not just because of the story, it's because of the way it's written — the style, the structure. Something that works in a book won't necessarily work in a movie in the exact same way. You have to translate the style. And I love that. That's, I guess, become my thing."

Never seen on the screen

"If I'm going to direct a film, I don't want to just do a nice job at something that you've kind of seen before. I want to explore new stuff."
James Franco

Franco on Child of God star Scott Haze:

"We just figured out that I've known him for 13 years. He was the crazy friend of my friend that I thought was… I don't know what I thought," Franco says with a laugh.

"I guess I just kind of kept my distance and was nice, but I thought he was crazy. He was really out there. And then I know he went through a lot and came out better on the other side. The guy you meet now is totally different than the guy then. I never asked him to do anything (in preparation). I probably knew in the back of my mind, 'OK, here's a fairly young actor, he's never really been given a shot like this, I know he's a good actor. I can go out to Sam Rockwell, I can go to my friend Michael Shannon, but if I go to Scott, he is going to kill himself for this role.' And so as soon as I cast him he went off to Tennessee and met the local people where this story takes place and lived in caves or whatever. There's not a ton of roles that ask for that, but because of where he was and how excited I knew he would be, he went and did it."

Franco on Franco:

"The way that we look at ourselves is forever changed because of the way our own images are distributed, the way we distribute them, the way we reshape them. It's tied up with public image, celebrity and our relationship to that," Franco says.

"So I'm in a position where I do have a public image in, I guess, a very public way. But I really view that — my relationship to my public image — as something that is just maybe a larger projection or a larger, more extreme version of the way someone projects him or herself on Facebook, photos that he or she decides to post, what he or she decides to write, how that public image is crafted."

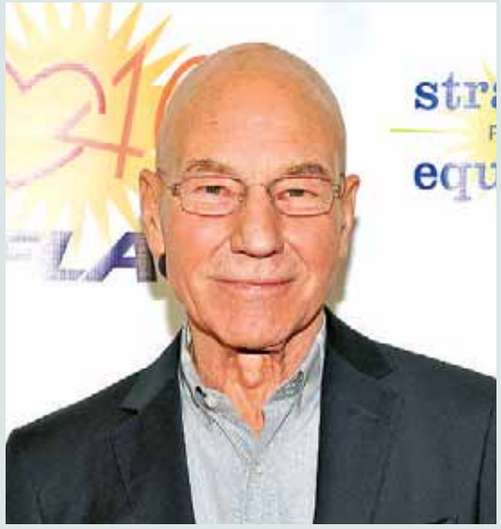
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

McKellan plays priest as Stewart has fun getting hitched

PAT HEALY
Metro World News in Boston



Patrick Stewart is off the market. The former Star Trek captain married Sunny Ozell this weekend, with good friend Ian McKellan officiating the wedding. Always a fan of frivolous fun, the X-Men star announced his marriage by posting a photo to Twitter of himself and Ozell buried neck-deep in a ball pit with the caption, "Yes, married." McKellan also took to Twitter to announce the event, posting a photo of himself with his Doctor of Divinity certificate and a T-shirt with the word "minister" emblazoned on it. "I did my part," he wrote.

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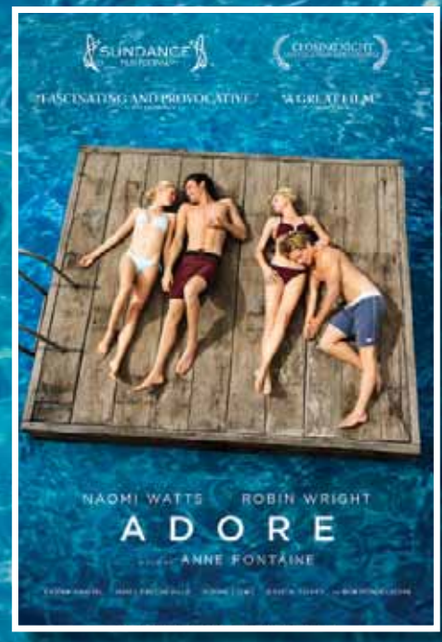

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Is there a 'bigorexic' man skulking around your gym?

Fitness. Even without the drug abuse attached to excessive bodybuilding, there can be some serious dangers

LINDA CLARKE
Metro World News

When is big too big, or even dangerously big? That's the question some health experts are asking about excessive bodybuilding. Nicknamed bigorexia, obsessive muscle mass bulking can damage mental and physical well being, especially when it involves dangerous drug use.

"Bigorexia is the term we're using for men who are using substances like anabolic steroids and testosterone to get bigger and bigger," says Dr. Damon Raskin, a board-certified internist with a specialty in men's health. "The danger with taking supplemental testosterone is that it shuts off the body's ability to make it. Depression is a common side effect; it can damage the liver too, as can anabolic steroids."

Similar to anorexia, bigorexia often affects teens who are prone to insecurity or unsure of their physical identity.

"They see these athletes and hear about them using enhancement drugs, and they think it's OK," says Raskin, who says the issue is "becoming a big problem."

He says efforts to educate people about the disorder need to start in schools, and early. And a healthy home life helps too.

"The person who is susceptible is someone who perhaps has a stressful home environment, low self-esteem, or been rejected by a girl or boy."

Warning signs that parents and friends can watch out for include increased aggression and overdoing it on diet and exercise.

"If you see rapid physical changes and someone develops massive biceps in four to six weeks, that's not normal," says Dr. Raskin.

As with any drug dependency and psychological disorder, it's important to seek professional help.

"It's necessary to get psychotherapy to find the underlying problems and treat them," Raskin advises. "Then, we work to balance out hormones. Over time, taking these drugs can cause lasting physical damage, but if caught early enough an endocrinologist can usually reverse any problems."

Supplements

No drugs, no problem?

- **Not true.** Even bigorexics who don't use drugs to help build muscle mass are prone to health problems from excessive exercise and eating too many high-protein foods, like meat, eggs and supplements.

Working out is OK, just don't get obsessive about it. ISTOCK

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Don't get weakened by your weekend warrior approach

Fitness. Recreational athletes can minimize their injuries by following some simple steps to being ready

The U.S. Centers for Disease Control and Prevention recently estimated that nearly nine million Americans pack a full week's worth of exercise into just two days. These occasional athletes, also known as weekend warriors, account for the largest population encountering nonprofessional sport-related injuries, says, the centre.

The most common injuries weekend warriors face include rotator cuff injuries, Achilles tendonitis, golf or tennis elbow, acute knee pain and ankle sprains.

"Weekend warriors and recreational athletes suffer from injuries at a rate that far surpasses their everything-in-moderation fitness counterparts," says Erica Meloe, owner of Velocity Physio in New York.

"Age and physical condition play significant roles in these injuries, as tissue loses its elasticity and are not conditioned properly for rigorous activity. But injuries can be minimized with a dose of common sense prevention."

METRO

Weekend warriors lead the way with casual injuries.
ISTOCK PHOTOS

Simple tips

Erica Meloe offers a few tips.

- **Rethink the personal trainer.** There is no one more knowledgeable and well equipped to help you understand your musculoskeletal system than a physical therapist.
- **Always warm up and cool down.** Warmed muscles are ready for activity and are less susceptible to injury. Warming up and cooling down should become part of every workout.
- **Commit to fitness the entire week.** To eliminate muscle shock, introduce physical activity throughout the week that includes cardiovascular activity, stretching and weights.

Best Health

Getting your levels just right

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the September issue of Best Health, regular columnist Dr. Susan Biali, a medical doctor, advises that women need to get enough of certain key nutrients. Many women are unaware that they may be low in these. While it's always best to get nutrients from whole foods, sometimes supplements are necessary to achieve the right levels.

Iron
Many women who are low in iron feel vaguely tired and foggy-brained, and aren't aware that their iron stores are low. Too much iron can be toxic, though.

Magnesium
If you crave chocolate, it could be that your body needs magnesium, which is found in cocoa and other foods. The mineral helps nerves, muscles and the heart to function properly, supports the immune system and strengthens bones.

Folate
Most women know extra folate is needed during pregnancy, or if you are trying to conceive. But low folate can also affect your mood. It helps synthesize feel-good serotonin in your brain.

Vitamin D
Supplements are critical for those living in the world's northern climates, such as Canada's. That's because we have less sunlight during the year than countries farther south. Low D levels are now being linked to everything from breast cancer to heart disease. You can get your blood level of vitamin D tested, and ask your doctor for his or her opinion.

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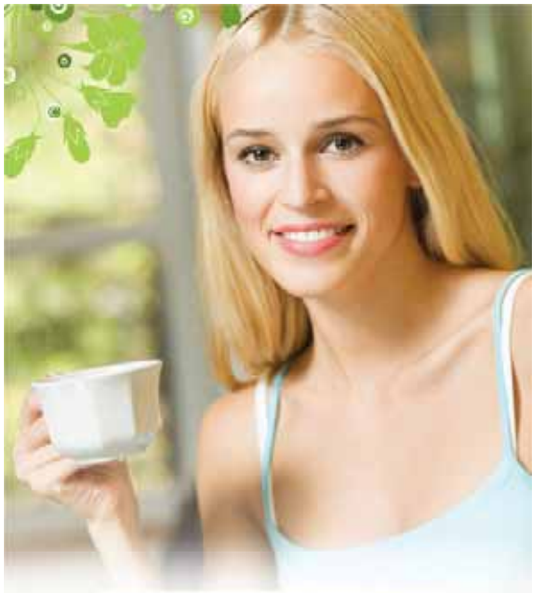

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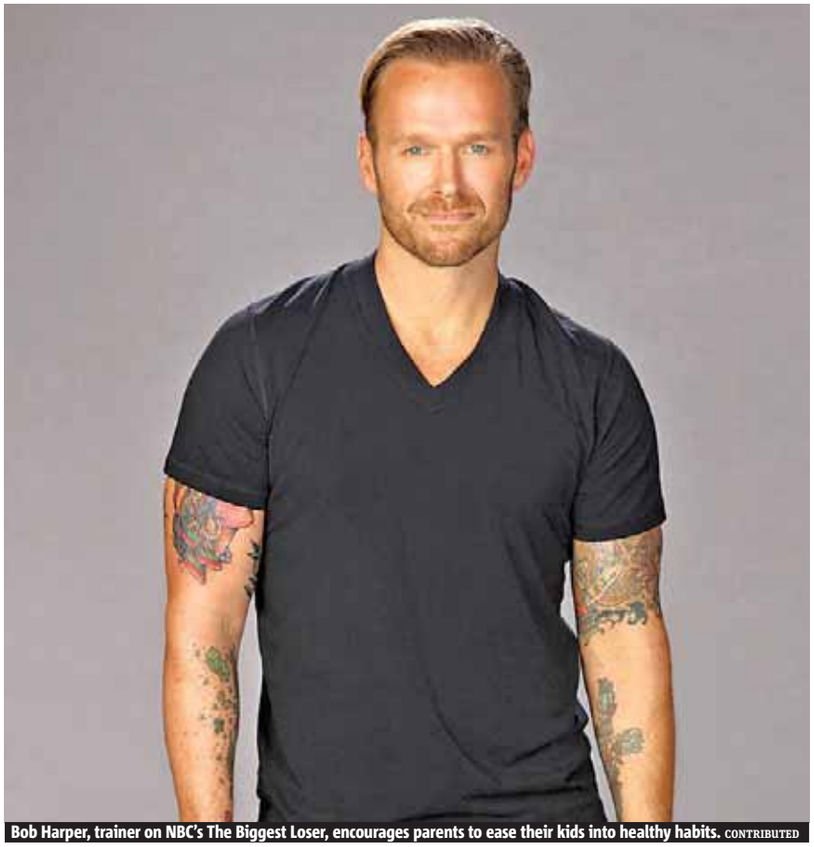

Bob Harper, trainer on NBC's The Biggest Loser, encourages parents to ease their kids into healthy habits. CONTRIBUTED

Make sure your kid isn't the Biggest Loser

Health education. Bob Harper, trainer on the weight-loss show, tells Metro how to get your children thinking and acting healthy

MEREDITH ENGEL
Metro World News

Our children "are sponges," says Bob Harper, trainer on NBC's The Biggest Loser, in that they absorb the behaviours they witness in their parents.

Make sure you're sending out the right signals when it comes to your child's health with these tips from Harper, which he provided at Saturday's U.S. Open.

Set the example

"You can't just tell your kids to go out and play when you've come home from a long day (and sit in front of the TV). I get it. We are all busy, but if you have children you have a responsibility to those children and their future. I think that the only way that real change can happen is when parents get involved," he says.

Food for thought

One more tip

- **Don't rely on fast food.** "You have to get more involved with what our kids are eating so they're not so enticed by that fast food nation that does have billions of dollars to spend in markets to attract our kids: Come to our restaurants and get these toys and play on these playgrounds while still eating this crap for food."

Encourage play

"My mission is to get (kids) playing whatever sport they want to be playing," he says. "The last thing I would want to see is a child in a gym on a treadmill or something like that. … If you're the active parent and you've found something that really works for you, it might not work for your children. Find something that they like to do — that is going to get them active and that's what will keep them going and want to do it more."

Don't keep score

"I don't really like to introduce the competitive element in any kind of sport activity with kids in the beginning," he says. Instead, make the games just about fun. "I think it sets a better tone in the beginning of that camaraderie, that love of whatever sport it is. Hopefully it's going to ignite something in them. Bring in the competition later."

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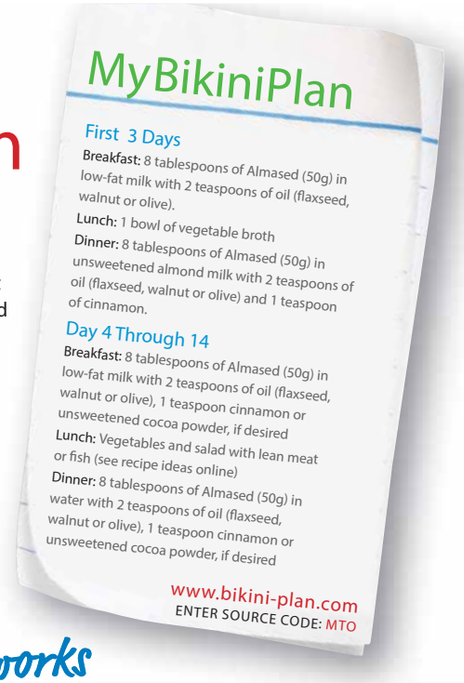
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How to work out like Naomi Watts

Exercise. Star's trainer, Simone De La Rue, shares some of her moves with Metro

ROMINA MCGUINNESS
Metro World News in London

"Long and lean muscles, that's what women want," Naomi Watts' personal trainer, Simone De La Rue, tells Metro.

With that in mind, she developed her own training method, Body By Simone (BBS), designed to create a strong and powerful body via a mixture of dance, yoga and Pilates. The result? The perfect dancer's physique. Just take a look at Watts.

But there's one thing you should never rule out, De La Rue warns — cardio:

"Women are doing a lot of toning, sculpting and strengthening classes to build muscle, but they're not complementing it with the cardio," she explains.

In truth, you need a balance of both.

"You could have amazing strength, but you need to strip the fat off so that you can actually see the tone underneath. Only cardio will do that."

At her BBS studio in New York, De La Rue puts her clients through a cardio dance class (during which you can expect to burn up to 600 calories in 45-minutes), involving high impact jumping, arm and abdominal work, followed by a sculpting class, whereby she uses a combination of yoga and Pilates moves to work the upper and lower body.

"My workouts are intense. But what I love about dancing is that it's a full-body workout, a continuous movement that keeps the heart rate up.

"Then you complement this with a sculpting class, where you work your core, glutes, quads and the hamstrings. People want to be challenged. Ideally, you want to target a specific muscle."

Naomi Watts will play Princess Diana in an upcoming biopic. CONTRIBUTED

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The Kick Out with resistance band

Muscles worked: quads and lower abs.
Do it: Bring your knee in toward your chest, then kick out in front of you, working against the resistance band.
Do 30 reps on each side.

The Pony Kick

Muscles worked: glutes, hamstrings and lower abs.
Place a small Pilates ball at the back of your knee and squeeze your heel toward your butt so that you contract your hamstring. Tap your knee to the floor, squeeze your glute and lift your parallel leg to the ceiling.
Do 30 reps on each leg.

TRY OUT WATTS' TOP 5 MOVES AND GET A FULL-BODY WORKOUT

Jump Reach

Muscles worked: quads, glutes and abs.
Bend your knees over your ankles, take a breath and jump reach to the sky with your legs extended. Land back to the starting position.
Do 3 sets of 10 reps.

Jump Twist

Muscles worked: quads, glutes and obliques.
Bend your knees, keeping your legs together, and making sure your knees are over your toes. Jump and twist, bringing your knees up toward your butt. Swap to either side.
Do 30 reps

Tricep Shredder

Muscles worked: triceps.
Place a small Pilates ball under one hand, engaging your core. Bend the other arm at the elbow, and do a kickback tricep extension using a three-pound weight. Bend the elbow back to starting position.
Do 30 reps on each arm.

What about the diet?

"When it comes to your body, I believe it's 20 per cent exercise and 80 per cent diet. If my clients ask me for nutritional advice, I always recommend they try the Paleo Diet."

—Simone De La Rue

- **Eat.** grass produced meats, fish, seafood, fresh fruit and vegetables, eggs, nuts and seeds, avocado, healthy oils, (olive, coconut)
- **Don't eat.** cereal grains, legumes, dairy, refined sugar, potatoes, processed foods, salt.

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Fiona Stevenson, left, and Lyranda Martin Evans, authors of Reasons Mommy Drinks. GUSTAVO GONZALEZ

Mommy drinkest?

New book. Pair offers tips on surviving the first 18 months of your kid's life

RICHARD CROUSE
Metro World News

Reasons Mommy Drinks, the new book by Lyranda Martin Evans and Fiona Stevenson could have been subtitled What to Expect After You've Been Expecting.

"We really felt like this was the ultimate baby shower gift," said Martin Evans, a five foot seven inch blond with a keen wit and infectious laugh. "Both of us got a lot of doom and gloom books, so when we were writing we thought we wanted to do a baby shower gift book you can read and actually laugh with."

The book is a mom's eye view of surviving the first 18 months of parenting. It is part advice, part bartender's guide that offers up a coping mechanism that comes with a twist — a lemon twist.

Each of the parenting challenges — dealing with nap time, in-laws or the first haircut — is paired with mock cocktail. Take the Day Care Defense; a fruity rum drink they say will "numb your guilt, kill germs and boost your immune system."

Martin Evans and Stevenson met in high school and bonded over a love of writing and performing comedy.

"In the 10th grade, we co-wrote and performed our first standup comedy show — a Full House/Beverly Hills 90210 mash-up — and, in doing so, discovered we had amazing creative chemistry, and a similar comedic voice," says Stevenson, a bright-eyed brunette with a ballerina build and an infectious smile.

"After graduating from Queen's and embarking on full-time careers in marketing and advertising, we looked for new ways to join forces creatively."

Two years ago, when the friends found themselves pregnant at the same time, Martin Evans says they looked for a way to use their "creative writing skills and do something we enjoy." After some thought they gave birth to reasonsmommydrinks.com.

"Like all working moms, we are time starved and want to maximize our time with our families," Stevenson says.

"It's amazing what we can accomplish in a two-hour power writing session during nap time."

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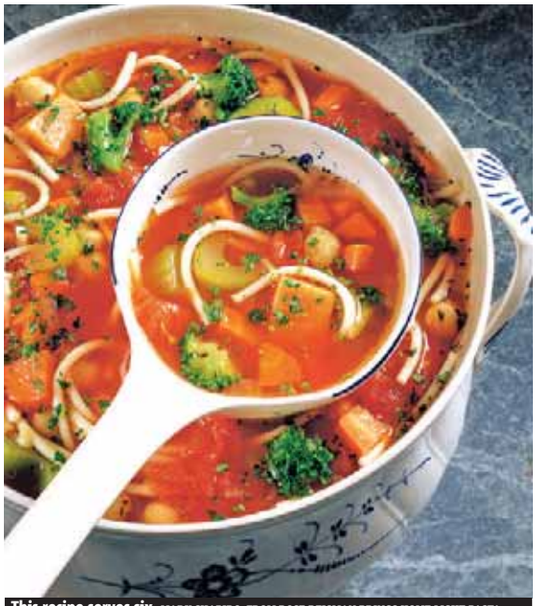
Soup season is around the corner: Veg & Bean Minestrone



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This is a great vegetarian soup with loads of nutrients.

If you want this to be a complete meal, add six ounces of diced cooked chicken, beef, pork or seafood. You can also substitute the pasta for 1/4 cup rice or quinoa but allow to cook for another 10 to 15 minutes.

1. In nonstick saucepan, heat oil; sauté garlic, onion, carrot and celery until softened, approximately 5 minutes.

2. Add stock, potatoes, broccoli, tomatoes, chickpeas, bay leaves, basil and oregano; cover and simmer for 40 minutes or until vegetables are tender, stirring. Remove bay leaves. Season with pepper to taste.

3. Add pasta; cook 10 minutes, stirring often, or until spaghetti is firm to the bite. Garnish each bowl with cheese. ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN

Ingredients

- 1 tbsp vegetable oil
- 1 tsp crushed garlic
- 1 1/2 cups chopped onion
- 1 medium carrot, finely 1 chopped
- 1 small celery stalk, finely 1 chopped
- 4 1/2 cups beef stock
- 1 1/2 cups finely chopped peeled potatoes
- 1 1/2 cups chopped broccoli
- 1 can (19 oz) tomatoes, crushed
- 3/4 cup canned, drained and rinsed chickpeas
- 2 bay leaves
- 1 1/2 tsp each dried basil and oregano
- Pepper
- 1/3 cup broken spaghetti

Garnish

- 3 tbsp grated Parmesan

Health Solutions

If it looks like a duck...

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Don't just stand there! Duck! It is the new white meat and according to Grey County duck farmer Justus Martin (ovenready-ducks.com), the demand is growing.

Here's why: Canada celebrates ethnic diversity that brings with it a yearning for other proteins and duck fits the bill. In addition, as with most lasting trends, it all starts with the high-end restaurants looking to offer a new experience to their demanding clientele.

Duck has more flavour than chicken but is still considered "white meat" and, Muscovy duck is as lean as chicken but it brings a richer flavour. It is an absolute myth that it takes anything more to cook a duck than it does to cook a chicken.

Cooking tips:

- Best on a spit with a simple rub of olive oil and spice.
- Roasts well in the oven just like chicken 350 for 3.5 hours.
- Breasts and drumsticks work well on the barbecue.
- Fall and winter weather just scream for a duck confit which is a hearty fix it and forget it, one pot meal.
- Serve duck with heartier foods with distinct flavours like: cranberries, sage, saffron, orange or onions.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Cash should play an important role in your financial plan. ISTOCK

Put your money where the cash is

YOUR MONEY
Alison Griffiths
money@metronews.ca

I've previously written that the key to successful saving and investing was having a balance between equities (stocks), bonds and cash.

Several readers questioned the need for cash in a portfolio. Yes, interest rates are paltry, and likely to continue for some time, but during stock market turbulence any kind of positive return can be a lifesaver.

Cash plays four important roles in a financial plan.

1. Cash provides ballast
That's how my old friend Eric Kirzner professor of finance at the Rotman School of Business refers to the role of cash for investors. When the market takes a dive, this stolid holding is still there providing a return.

In fact, there have been many times over the past 20 years when cash has performed better than equities. We all remember the stock market carnage of 2008 and 2009 — cash was king during those years. It was also the winning investment in 1981, 1987, 1990, 2001 and 2002.

2. Cash equals opportunity
Those with cash can swoop in and buy when the stock market swoons. Too often investors flee for the sidelines after a market crash. But the savvy folk use cash to buy good quality stocks at a bargain. Don't we all wish we'd done that in 2008 and 2009?

3. Cash is a rebalancing tool
Top money managers tell me that up to 60 per cent of the profit they generate comes from the process of returning a portfolio to its original allocation of equities, bonds and cash.

Having cash allows investors to tweak their portfolios and put more money into asset classes that are sagging.

This vital housekeeping discipline keeps a portfolio healthy, but without cash investors are forced to sell bonds or equities in order to rebalance.

4. Cash is an emergency saviour
When the car is kaput or the roof leaks, cash will bail you out. Emergency cash should be kept in a savings or Tax Free Savings Account for ready access. It's far better to have cash sitting there earning one per cent than be forced to pay four to 29 per cent on lines of credit or credit cards. It isn't sexy but cash is absolutely the most useful saving and investing tool.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

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Insurance renewals are an opportunity to save money

Shopping around can put more money in your pocket.

Insurance renewal time provides drivers with the perfect opportunity to make sure they're getting the best deal on car insurance. While drivers can shop around any time for quotes, there are several good reasons why renewal is the perfect time to compare current policy with what's available elsewhere.

Renewal rate increases – the thing that most often sends drivers in search of new insurance quotes is finding a rate increase on their renewal. Rate increases can happen for a variety of reasons; a ticket or accident on record, the insurance company may have made rate changes to your policy in particular, or there may have been a general rate increase to all of the company's policies. No matter what the reason, seeing rates increase is a good sign it's time to shop around.

Benefits of switching on renewal – when choosing to shop around and potentially switch to a new insurance company on renewal date, drivers save themselves more than just the difference between policies. Firstly, insurance companies often charge penalties for cancelling a policy in the middle of the policy term. Some companies don't charge a penalty but will use a system called short-rating in which the money refunded may not be the fully pro-rated amount the policyholder should get back. This is another way of penalizing for ending the policy before the term for which it was rated. When switching to a new company on renewal date rather than renewing an old policy, risk of penalties or short-rating are avoided.

In addition to avoiding the penalties of early cancellation, you also make it easy on yourself when you change companies on renewal. You will simply pay the new company rather than renewing with the old. This keeps your payments steady and right when and where you expect them and have planned for them in your budget.

When to start shopping around – a few weeks prior to renewal date, a new policy will be sent out. As soon as that information is received, start comparing quotes. You will know exactly what coverage you're receiving now in order to get quotes for the same level of coverage. By comparing apples to apples on coverage, you can be certain that a lower rate really is a better deal, and not just lower because the coverage is lower. Shopping around right when your renewal paperwork arrives also gives you the most possible time to make a decision on whether to continue with your current company or switch. Quoting sites like InsuranceHotline.com make it easier by comparing rates against over 30 insurance companies.

Not ready to switch – while renewal offers a great opportunity to shop around, that doesn't mean you have to switch then. If you don't find a better deal at renewal time, you can still go back and look at rates in the future. Shopping around doesn't mean you have any obligation to switch insurance companies, so if you decide to stay where you are you haven't lost anything.

Just got my insurance renewal... what the Beep?

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The web and the wardrobe. Skip the local dry cleaner and clean your clothes with the click of a mouse

TAKARA SMALL
Metro News in Toronto
@takarasmall

Who: Clean it Online

What: A mobile dry cleaner that drives to you and not the other way around.

Where: cleanitonline.com

Why: "We provide more flexibility than the other businesses. It doesn't add any value to customers when they have to walk to the dry cleaner's," says Ryan Dingman, 34, co-founder and director of CleanitOnline.com. "We provide that added convenience."

Ryan Dingman, 34, stands alongside the Clean it Online van that will save Torontonians living or working downtown time by bringing their dry cleaning service to busy customers. PROVIDED

Necessity, I was once told, is the mother of invention, and with TIFF officially now in full swing it makes perfect sense to highlight CleanitOnline.com — a business that wants to save Torontonians time and money with their mobile dry cleaning startup.

It seems dry cleaning has gone the way of courier packages, cauliflower (see urban farming) and most recently condoms — bought, paid for and delivered to your home.

Isn't progress grand?

"We saw this idea being used in major urban centres in the U.S. For example, in New York, and we thought Toronto would be the perfect place to roll this out because people are busy," says Ryan Dingman, cofounder and director of CleanitOnline.com.

The simplicity behind the business model is key to its current success. Customers living or working in the downtown core (expansion is coming soon, says Dingman) call and schedule a pickup time. A company representative arrives at your work or home (or both) to retrieve your dirty clothes and send to a local dry cleaner.

Dingman is loath to reveal the location of the dry cleaner he and his team use for their on-the-go business, fearing competitors might look to muscle in and seek out similar opportunities.

"We took two months researching dry cleaners to find the perfect one and people could find out where we go if they really wanted to, but we're not going to tell them," he says with a laugh. Although the mobile dry cleaning business is a new concept in the industry with few other competitors, Dingman believes CleanItOnline.com will become the place for Torontonians to turn to for dry cleaning services, primarily due to its convenience and low rates.

"We've styled the business so that we don't have the same costs that a brick and mortar business would. We don't have the same overhead, for example, so we can offer a service at our rates."

E-laborate

- Go to metronews.ca/voices/mom-and-pop-shops/ to learn more about Toronto's latest small business.

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HOW TO EASE THE TUITION BURDEN

APPLYING FOR SCHOLARSHIPS CAN BE LUCRATIVE

Going to university isn't cheap. However, a good way for students to lighten the financial burden is to apply for scholarships, especially given that some go unfulfilled.

"The biggest advice I give students is to actually apply for scholarships," said Shelby Verboven, the director of recruitment at the University of Toronto's Scarborough campus.

While it will take time to apply for different scholarships, it can be very lucrative, with most ranging in value from a couple hundred to several thousand dollars, she said.

Students should treat the process like applying for a job and customize every application. Over time, one can take shortcuts.

"Students will find if they are applying for multiple scholarships, they will be able to repurpose some of that information," Verboven said.

Another option is bursaries. Bursaries are usually based on financial need, while scholarships tend to depend on factors such as grades, community involvement and extracurricular activities.

However, some scholarships are based on unusual criteria. For example, Rob Henderson, the CEO of studentawards.com, said there is a scholarship on the site geared towards tall people. Not surprisingly, this scholarship comes from an association for the non-vertically challenged.

While it is tempting to begin one's scholarship search when the school year begins, people should look year round.

"The one mistake a lot of students make is they look in August and September when they are entering school, but don't realize there all sorts of scholarship opportunities throughout the entire year," Henderson said. "The pursuit of scholarships doesn't end once school starts."

Besides checking out a school's financial aid office and searching on websites such as studentawards.com and canlearn.ca, students should also check with their employers and parent's employers to see if they have scholarship programs. Students should also check with local community groups.

– Richard Woodbury

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CONSTANT GUIDANCE

U OF T PROGRAM HELPS LAWYERS

Toronto is attracting more and more lawyers who were educated abroad or who have lived in other jurisdictions.

In both cases, these lawyers may not have a Canadian network and are unfamiliar with the job search process in Toronto's legal field.

A job search is a culturally nuanced undertaking and the internationally trained lawyers program (ITLP) at the University of Toronto faculty of law can support internationally trained lawyers in making their job search more effective.

Rubal Bhadu is one example. An alum of the ITLP and originally from India, Bhadu moved to Toronto with her husband last year to seek out job opportunities. As a trained and practising lawyer in India, Bhadu was looking for an opportunity to get her foot in the door in the Canadian jurisdiction. Then she found the ITLP.

CONTRIBUTED

"It can be mind-boggling for someone new here and you need guidance," Bhadu says. "This program provided constant guidance and gave me a bird's-eye view to the industry here."

She is working towards completing her masters and has secured a position in the legal field, starting in 2014.

This program is offered on a part-time basis and applications are now being accepted.

For more information about the ITLP, visit itlp.utoronto.ca.

BUSINESS GOES GLOBAL AT ROTMAN

To be a truly successful leader today you need to understand how business works around the world.

Through the Omnium Global Executive MBA at the Rotman School of Management, students will learn about doing business in a global context by travelling on this continent, as well as South America, East Asia, Europe, South Asia and the Middle East over an 18-month period.

"The Omnium Global Executive MBA is a one-of-a-kind MBA experience," says Allison Quennell, director, executive MBA career services, Rotman School of Management, University of Toronto. "And they can live anywhere in the world while completing this program."

Students work on culturally and geographically diverse study teams, learning how to solve problems, deal with ambiguity and develop essential cross-cultural leadership and interpersonal skills.

In addition to traditional MBA courses, students take courses on understanding the business environment in the various module destinations and apply that learning by conducting in-company assignments.

"This experience gives students the opportunity to work on global teams, solving international business problems, an essential prerequisite for an international career," Quennell says.

For more about the Omnium Global Executive MBA program, visit omniumgemba.com or call 416-978-4441.

Omnium Global Executive MBA students on a visit to Pao de Acucar, a leading Brazilian retail conglomerate.

CONTRIBUTED

DMITRY KALINOVSKY/COLOURBOX

TRADE IN FOR A NEW CAREER AT PAT INSTITUTE

Before attending the Pre-Apprenticeship Training Institute, Stephen Leonard had received his BA from Guelph and MA from the University of Sussex, but knew the suit-and-tie life he was living wasn't right for him.

"And due to an injury I could not rejoin the army, so I decided that training in a field I understood and had worked with would help me attain a better job in a shorter time span and allow me to hit the ground running," says Leonard, who trained at PAT Institute in network cabling and is now a senior technician.

He says the network cabling program gave him the chance to work with his hands and problem solve without requiring a formal apprenticeship.

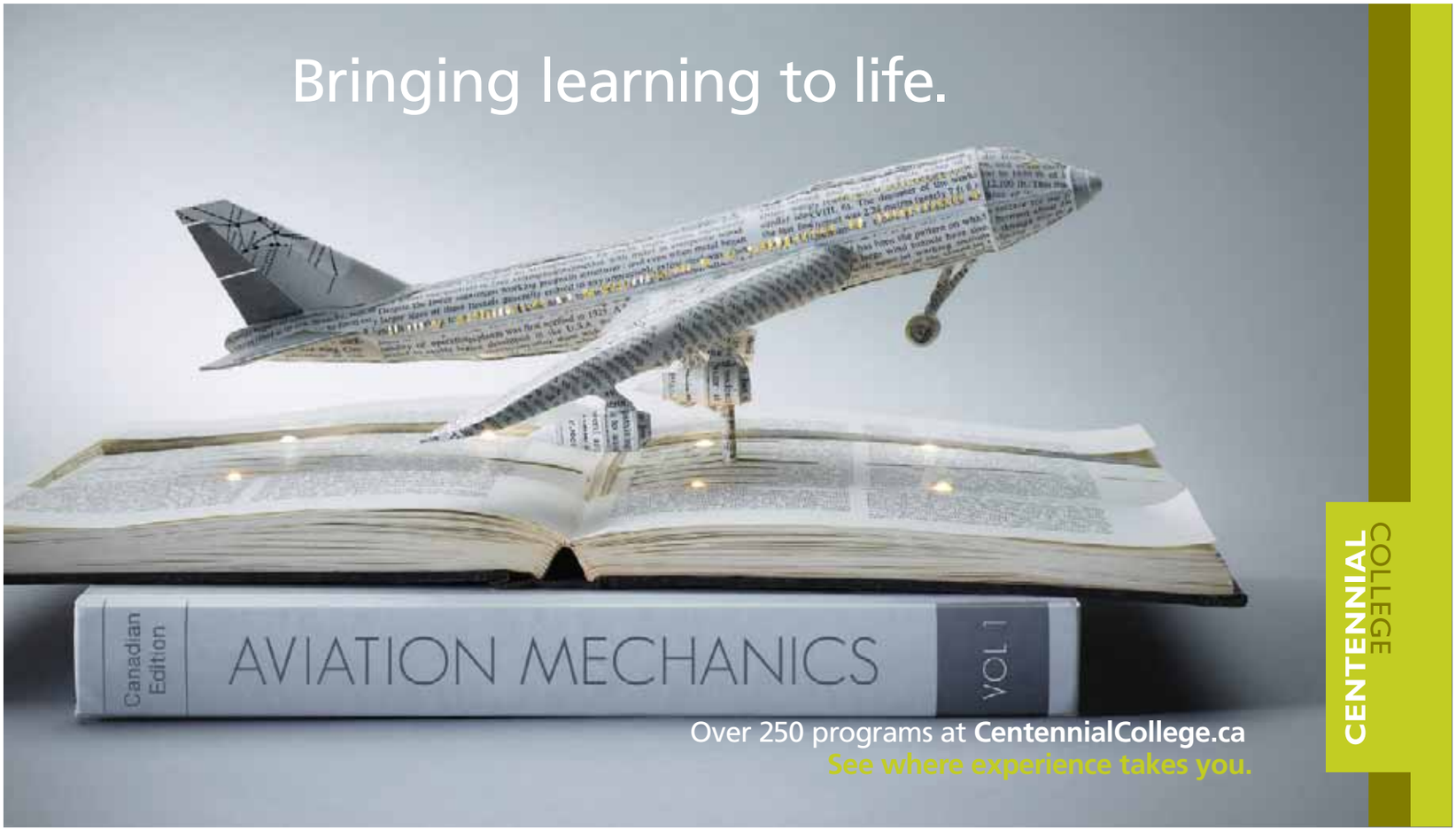
"I could never have got the job I now have and excelled within my company so quickly had it not been for the Pre-Apprenticeship Training Institute," Leonard says.

"The skills and knowledge I acquired during my time there are still a benefit to my professional abilities every day on the job."

Leonard credits his success to the instructors and says the hands-on and practical work done at the school gave him the tools he needed to succeed.

PAT Institute helps prepare candidates for careers in the construction trades.

For more information about PAT Institute, visit patinstitute.ca.



CENTENNIAL OFFERS A COMPETITIVE EDGE

Two skills are always better than one.

This is also true when it comes to seeking out an education for your future career — the more skills under your belt, the better.

Centennial College's new bachelor of public relations management (coming September 2014) is the only program to offer such a strong combination of public relations and business courses.

"The combination of PR and business courses will give graduates a competitive edge in the marketplace," says Barry Waite, professor/program co-ordinator, corporate communications and public relations school of communications, media and design at Centennial College.

"Corporate communicators who understand every aspect of a business, including strategy, financial management and human resources, will have strong career potential."

This program is focused on producing graduates to understand today's complex business environment and how to use public relations to meet them. Students will develop a strong world view and commitment to lifelong learning through Centennial's breadth courses, including the respected global citizenship and equity-focused signature learning experience.

"Students will dive deep into social and digital media, designing interactive projects and integrating strategy from the beginning, which will give them many strong career opportunities," Waite says.

The four-year degree offers a comprehensive education in the theory, principles and applications of public relations, along with a solid foundation in business principles. It includes a strong focus on research, social and digital media and corporate communications.

Students will develop a thorough comprehension of the public relations industry with a focus on building critical skills for career success in professional writing, research, strategic communications and social and digital media.

They will learn key business skills, including financial management, organizational behaviour, business law, accounting and more, which give public relations practitioners a competitive edge in the marketplace.

For more, visit centennialcollege.ca.

DYNAMIC CAREER

Centennial College's new bachelor of public relations management is focused on preparing students for a dynamic career in the exciting, growing field of public relations and corporate communications.

Centennial College is Ontario's first community college and has been educating students for career success since 1966.

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It's back to school season, and while many people have started training for a new career, others are still in the process of evaluating their education and career goals.

If you would like to improve your skills or be in a new job in 12 months, take the first steps by enrolling at Canadian Business College.

"If you're looking to receive the education and job training required to succeed in today's competitive workforce, we're the ideal choice for you," says John Nelson, president and CEO, Canadian Business College.

Canadian Business College is committed to providing students with the resources needed to help maximize their education and job training.

The school is excited to announce a newly renovated and relocated campus in Mississauga, in addition to its locations in Toronto and Scarborough.

Nelson adds that the recently completed Mississauga campus upgrade is just one in a series of long-term investments aimed at providing students with the best possible learning and job training experience.

"Our vision of creating a more comfortable and productive learning environment for our students is taking shape just in time for our diploma programs that begin in September," Nelson says.

For more on Canadian Business College, its programs and campuses, visit canadianbusinesscollege.com/sept, or call 416-925-9801.

PLAN ANY EVENT LIKE A PRO AT YORK UNIVERSITY

Take being the "life of the party" to the next level by being the one who plans the party.

Whether it's the town's hottest event, or just a small, intimate gathering, York University's certificate in event planning and management for professionals will train you to plan any event like a pro.

"Event planning is an ever growing industry," says Debra Bobechko, lead faculty, event planning and management, York University. "The event management program is developed for the individual who is looking for a different type of event training and to train individuals to have marketable skills for both the local and international event markets."

Students will be taught by industry professionals with experience in large and small events, both in the international and local marketplaces.

"It is their intention to not only pass along a wealth of information, but personal experiences and contacts," Bobechko says. "We will hone skills, perfect techniques and give our students real hands-on training and a leading edge in event management."

CONTRIBUTED

The courses cover topics ranging from sustainability, event conceptualization, marketing, small business operations, human resources, logistics, production, social media, and risk management.

For more, or to apply for the Oct. 14 start, visit coned.yorku.ca/event.

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Learn more about the fastest way to further your career with Canada's top business school. Go to *www.getaheadfaster.ca* to join an information session on Rotman's Executive MBA Programs.

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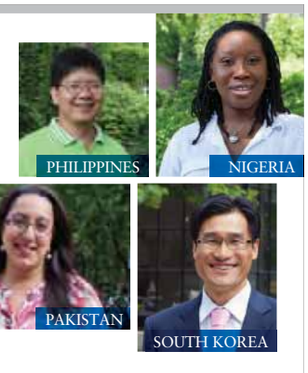
Are you an internationally trained lawyer who wishes to practice law in Canada?



UNIVERSITY OF TORONTO'S ITLP PROGRAM
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Find out more at one of our **Open Houses** this Fall at the U of T Faculty of Law, 84 Queen's Park, Toronto:

Friday, September 20, 2013: 10am – 12pm EDT
Friday, October 18, 2013: 2:30pm – 4:30pm EDT
Monday, November 18, 2013: 10am – 12pm EST

Attend in person or register to join us virtually by contacting itlprogram.law@utoronto.ca

The ITLP Career Program is now accepting applications. Deadline to apply is September 27, 2013.

Visit www.itlp.utoronto.ca/programs/career-program

The ITLP also offers part time courses in NCA Exam Preparation and Bar Exam Preparation. Find out more at www.itlp.utoronto.ca.

ITLP
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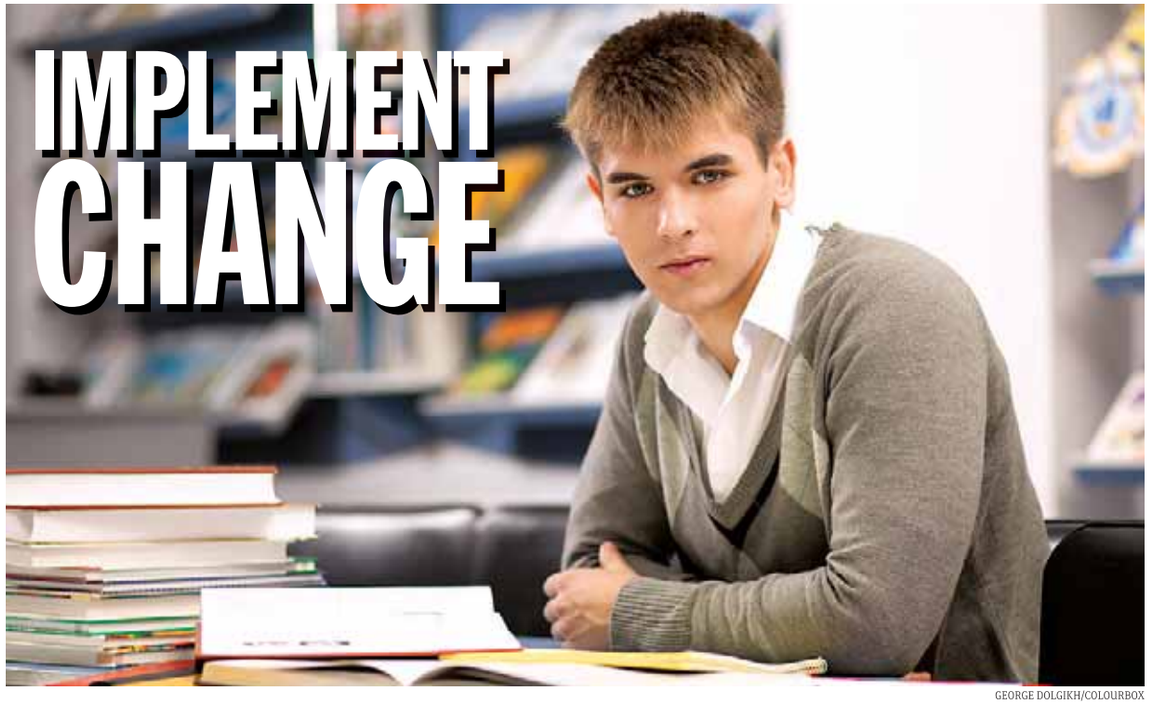
IMPLEMENT CHANGE



GEORGE DOLGIKH/COLOURBOX

WITH LEAN SIX SIGMA CERTIFICATE AT UNIVERSITY OF TORONTO

Change is the "new normal" in business, in government, in health care, in IT — actually, in any function, in any organization.

Customers, stakeholders, or constituents expect what they buy, the services they use, and the items they care about will continuously improve.

The certificate in lean six sigma, through the University of Toronto school of continuing education, teaches the fundamental principles of how to lead, design and implement change.

"Our students come out of this program with the ability to change their life," says Paul Snowdon, lead instructor for the certificate in lean six sigma. "This certificate teaches the fundamental principles of how to lead, design and implement change."

The unique lean six sigma program combines elements of project management, change management, and lean six sigma so students are equipped to become change agents in their organization.

The certificate is made up of three courses.

The foundations of quality and process excellence is the "greatest hits" of quality, and teaches students how to identify improvement opportunities in the work they do and how to start improving them today.

The second course, lean six sigma essentials, focuses on the tools and techniques associated with how to make value flow more seamlessly to the customer.

The third course focuses on more analytical techniques to reduce variation in processes and, thereby, improve the customer experience.

The instructors are all industry experts who bring their practical experience into the classroom.

Students learn new ideas and, through course work and in-class exercises, have the chance to apply the ideas and, in doing so, gain a deeper understanding of the concepts.

"It is very much a learn-and-do mentality in the classroom," Snowdon says.

Snowdon adds that lean six sigma is a marketable skill set and successful graduates have achieved career success.

"It is a process-focused methodology, which means that this knowledge can be applied to any process and gives our graduates incredible flexibility in the industry choices and opens up many doors that previously were not available."

For more about the certificate in lean six sigma, visit learn.utoronto.ca.

CHANNEL INFORMATION TO THE RIGHT PEOPLE

The certificate of business process management at the University of Toronto school of continuing education is about what drives modern organizations and information.

To be successful, organizations need to channel this information to the right people at the right time to trigger the right actions to satisfy customers.

"This program will teach students how to model, analyze and improve business processes and get better results," says Dr. Tom Barker, instructor, business process management. "There is growing awareness in organizations that this is a high-leverage area and they need skilled people."

This certificate is made up of three courses.

The foundations of business process management (BPM) teaches students the key importance of business process to organizational performance, the strategic nature of business process, business process management, and the critical importance of linking strategy to process.

COLOURBOX

The second is the tools and techniques of BPM, where students will build on an understanding of basic process analysis tools and develop widely applicable concepts and themes in order to allow participants to analyze processes from the standpoint of workflow, workload, resource and capacity utilization, and processing performance.

And the final course is the organizational aspects of BPM, which teaches students the importance of organizational alignment to process performance, and facilitating process performance.

Upon completion of the certificate, students will be able to apply relevant methodologies for analyzing, redesigning, improving and documenting business processes in an organization.

For more information about the certificate in business process management, visit learn.utoronto.ca.

LECTURE SERIES

Step inside the minds of some of today's most knowledgeable professionals in their fields through the University of Toronto school of continuing studies university lecture series

Leading scholars, thinkers and experts will tackle an eclectic range of topics in history, art, politics, religion, health and public affairs over the next few months.

Some of the speakers will include historian Carolyn Harris on Peter the Great, political scientist Roberta Rice on indigenous activism in Latin America, columnist Bruce Bell on the most influential people in Toronto's history, and artist Doug Purdon on a visit to the studios of Rembrandt and Vermeer.

To learn more about the University of Toronto school of continuing studies university lecture series, or to register, visit learn.utoronto.ca.

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Terry Lampropoulos

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IMMERSE YOURSELF IN A LANGUAGE

AT GEORGE BROWN

No matter the reason for wanting to learn a second language, George Brown College can help.

"People choose to learn a second language for a number of reasons," says Christiane Montgiraud, French as a second language instructor. "It could be for professional advancement, for travel, or even a personal reason, such as a spouse."

Montgiraud says she even had one student tell her she wanted to learn French because it sounded like music to her.

"It is different reasons for different people."

New this fall, students can study in class and online through a language learning website called Tell Me More. This blended delivery for continuing education language courses allows students to learn on their own time and immerse themselves in the content and take part in e-learning activities.

This online learning is accessible to registered students 24 hours a day, seven days a week and includes more than 40 different activities, dozens of hours of video and interactive speaking activities using speech recognition.

The new online portion also allows the instructors to follow up on the progress of each student.

CONTRIBUTED

Montgiraud says it's amazing to see the progress for the students who stick with the programs and carry them on to additional levels.

"Within three years, they can have conversations," Montgiraud says. "Our students are very motivated and dedicated, and it is amazing to see the progress, even within one session."

Also new this fall is the launch of two new certificate programs — Mandarin and Portuguese.

Mandarin is the most widely spoken language in the world. Learning this challenging language can open doors in the business world and your personal life for those looking to travel. Like all language programs at George Brown College, students will develop basic listening, speaking and reading skills, while understanding Chinese culture and traditions.

Portuguese is another widely spoken language with nearly two hundred million people speaking it across the globe.

For more information about any of the language course and certificates available through George Brown College, visit coned.georgebrown.ca/languages.

CHOOSE YOUR LEARNING OPTION

Each September ignites the memory of heading back to school for many people.

As adults, it's time to reflect on current careers and credentials. For some, it's time to consider upgrading skills, learn new skills or just seek out training for a personal interest.

George Brown College offers individuals a number of continuing education options.

Programs range from fields of study in arts and design, business and legal studies, communication and languages, health science and community services, hospitality and culinary arts, and many more.

Recently released, individuals can check out the new continuing education calendar, where you can view and register online for classes available from now until August 2014.

To learn more about the programming options available through George Brown College continuing education, or to read about past student success stories, visit coned.georgebrown.ca.

EXCEL AT NEXT LEVEL WITH GEORGE BROWN PROGRAMS

The automation integration (Rockwell) certificate provides you with advanced knowledge and increased employment potential within the manufacturing and automation industry.

Systems driven by Rockwell Automation support the largest sector of the automation industry.

"In my current career as a maintenance supervisor, this program helped me tremendously to understand the equipment and the software in this plant as best to my knowledge as I can," says Dan Caravaggio, maintenance supervisor with Magna at Mississauga Seating Systems. "It gave me the confidence that I needed to excel to that next level and it opened up more opportunities for me in the plant with responsibilities in PLC controls role as well."

He enrolled in this program because the entire course is based around learning Allen-Bradley Rockwell software. This was important to him because, from his experience in the automotive manufacturing industry, the majority of PLC's are Allen-Bradley and, at his current position, the automation that is used in this plant was entirely Allen-Bradley.

"I needed to continue my education as I have been out of the automotive sector for a few years and needed to keep up with learning the latest software that was being used in this plant," Caravaggio says. "I found just that in this program at George Brown."

After graduation with the George Brown College Rockwell Automation certificate, students will be able to find a job in the field of programmable logic controllers, motion control, or integration.

CONTRIBUTED

New fields were added by Rockwell, including building automation systems and fire protection, both of which are reflected in the curriculum.

This program walks students through Rockwell PLC programming, HMI design, motion control systems and integration as applied in the manufacturing industry. Along the way, students will study the theory of and acquire practical knowledge in advanced levels of process control and cover elements of team implementation, troubleshooting and set-up of new automation systems.

For more information about the automation integration (Rockwell) certificate, visit coned.georgebrown.ca.

LEARNING THAT MAKES A DIFFERENCE

Meet Laurie, David, Elaine, Leanne, Shuqing and Dawn – just a few of the people who have achieved inspiring success with the help of our Continuing Education courses. The skills, connections and confidence they gained made it possible for them to achieve their goals. Read their stories on our website, and see the difference you can make in your own life with George Brown College.

CHOOSE FROM EVENING, WEEKEND AND SOME DAYTIME COURSES IN

- Arts and Design
- Business and Legal Studies
- Communication and Languages
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- Liberal Arts and Sciences
- Makeup and Esthetics
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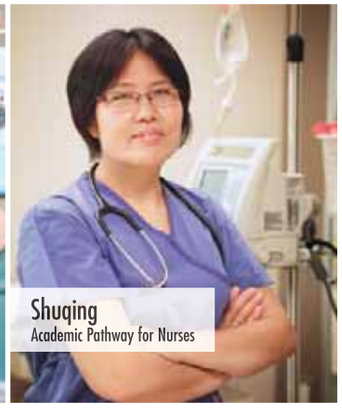

GEORGE BROWN COLLEGE School of Continuing Education

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Register now for fall classes!

CFL

Ray hoping to return in October

Injured Toronto Argonauts quarterback Ricky Ray said Monday he wouldn't be surprised if he's back behind centre by mid-October.

Ray, who suffered a shoulder injury against Calgary on Aug. 23, says he has been making "good" progress. TORSTAR NEWS SERVICE

Argos quarterback Ricky Ray
TORSTAR NEWS SERVICE

Lance Armstrong

IOC wants bronze medal returned

The IOC wants Lance Armstrong to hand back his Olympic medal. IOC vice-president Thomas Bach says Armstrong and the U.S. Olympic Committee had been asked to return the bronze medal the American won at the 2000 Olympics.
THE ASSOCIATED PRESS

NHL

Flames' Kipper calls it a career

After a summer of reflection, Miikka Kiprusoff decided to stick with his original plan. The Calgary Flames goalie announced his retirement from the NHL on Monday, a move that was expected by both the team and many of its fans. THE CANADIAN PRESS

NHL

"We're moving forward with the best 23 players we have on the ice."

Leafs head coach Randy Carlyle. Players report Wednesday for their medicals, with Thursday the first day on the ice — although most have been skating for at least a month.

Nadal climbs back to the top

Tennis. Spaniard completes tumultuous year by claiming 13th Grand Slam championship with four-set victory over Djokovic

Gaining major ground

13

The 27-year-old Rafael Nadal's total of 13 major championships ranks third in the history of men's tennis, behind Roger Federer's 17 and Pete Sampras' 14.

Hard to believe this is the same Rafael Nadal who was home during the U.S. Open a year ago, nursing a bad left knee.

Hard to believe this is the guy sent packing in the first round of Wimbledon in June, losing against someone ranked 135th.

Looking fit as can be and maybe even better than ever, the No. 2-ranked Nadal pulled away from No. 1 Novak Djokovic 6-2, 3-6, 6-4, 6-1 on Monday in a taut, tense U.S. Open final for his 13th Grand Slam title.

"Very, very emotional, no?" Nadal said during the on-court trophy presentation. "Probably only my team knows how much (this) means for me."

They started in sunlight and finished at night, a three-hour, 21-minute miniseries of cliffhangers and plot twists and a pair of protagonists who inspired standing ovations in the middle of games.

There was no quit in either of them, during points that lasted 15, 25, even more than 50 strokes.

"Probably nobody brings my game to the limit like Novak," said Nadal, who collected $3.6 million in prize money, including a $1 million bonus for results during the North American hard-court circuit.

This was their 37th match against each other, the most between any two men in the Open era, and Nadal has won 22. It also was their third head-to-head U.S. Open final in the last four years. Nadal beat Djokovic for the 2010 title, and Djokovic won their rematch in 2011.

They know each other's games so well, and play such similar hustle-to-every-ball styles, but in the end, it was Nadal who was superior.

"He was too good. He definitely deserved to win this match today and this trophy," Djokovic said. THE ASSOCIATED PRESS

Rafael Nadal falls to the court after topping Novak Djokovic in the U.S. Open men's final on Monday night in New York City. AL BELLO/GETTY IMAGES

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Encarnacion carries big stick, low K-rate

Putting lumber to leather. Slugger could become first Blue Jay to hit 40 homers with less than 70 strikeouts in a single season

Edwin Encarnacion rounds the bases past third base coach Luis Rivera after hitting a solo home run against the Astros on Aug. 23 in Houston.

PAT SULLIVAN/THE ASSOCIATED PRESS

In baseball terms, Blue Jays first baseman Edwin Encarnacion epitomizes Theodore Roosevelt's famous foreign policy proverb: "Speak softly and carry a big stick."

Often overshadowed by his more outgoing and popular teammates, the 30-year-old Dominican has once again been the team's best and most consistent hitter this season.

What's more, he's on pace to do something no Blue Jay has ever done before, putting him in a rare class of slugger.

If Encarnacion stays healthy and performs this month as he did over the last five, he'll be the first player in team history to hit 40 home runs with fewer than 70 strikeouts. He'll also become just the second player in team history with 40 home runs and more walks than strikeouts, a feat Carlos Delgado achieved in 2000. Encarnacion is already one of only two Jays all-time with 40 bombs and fewer than 100 Ks, joining George Bell in that category last season.

But Encarnacion's rare combination of power and a low-strikeout rate is anomalous not just here, but across the majors and throughout baseball history.

He would be just the 34th hitter ever to hit 40 home runs, with fewer than 70 Ks, and only the ninth in the last 20 years.

It's a class of slugger that includes the likes of Babe Ruth, Hank Aaron, Willie Mays, Lou Gehrig and, more recently, Barry Bonds and Albert Pujols.

Even more impressive is that Encarnacion is doing it at a time when players are striking out more than ever.

Among the top 10 home run hitters this season, Encarnacion, who sits third behind Chris Davis and Miguel Cabrera, has by far the lowest strikeout rate at 9.9 per cent. Cabrera is the next closest at 14.8 per cent. On the flip side, Encarnacion's 9.9 per cent K-rate is also in the top 10 in the majors in that category, but he's the only one among the group with more than 15 home runs. In fact, he has more bombs than the first four hitters on the list combined. **TORSTAR NEWS SERVICE**

MLS

TFC ships out Urruti in wake of GM's firing

It didn't take long for the first shoe to drop in the wake of Kevin Payne's dismissal from the Toronto FC front office.

On Monday, just days after Payne was fired as the MLS team's president and general manager, his prize acquisition was shipped to the Portland Timbers

In trading away 22-year-old Argentine forward Maximiliano Urruti and an international roster spot, Toronto received 26-year-old forward Bright Dike, a first-round draft choice in 2015 and allocation money, which the club can use to stretch its salary cap. The international roster slot in the deal expires on Dec. 31.

Toronto also gets to hold 20 per cent of Urruti's rights, so it will profit if he is sold. And Toronto now has three first-rounders in the 2015 draft. **THE CANADIAN PRESS**

NFL

Veteran Bills WR shoulders blame

Stevie Johnson accepted the blame Monday after the Buffalo Bills receiver's hands failed to back up his big boasts.

A week after claiming New England had no one capable of defending him, Johnson wound up dropping the ball himself in a season-opening 23-21 loss to the Patriots on Sunday.

"When you don't win a game, at the end of the day, that's when you get negative attention," Johnson said. "And I deserve it."

He became the focus of criticism midway through the fourth quarter with Buffalo clinging to a 21-20 lead. Facing third-and-1 at the Bills 49, Johnson was wide open in the left flat when EJ Manuel's pass bounced off his fingers. The Bills punted, then went three-and-out on their next possession to give Tom Brady enough time to lead a 49-yard drive to set up Stephen Gostkowski's 35-yard field goal with five seconds remaining. **THE ASSOCIATED PRESS**

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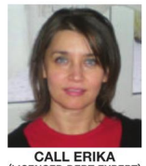

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Horoscopes

♈ Aries
March 21 - April 20
A social invitation will come your way and you should snap it up. Life is too short to waste on things of no importance, including working for other people on projects you have no real attachment to.

♉ Taurus
April 21 - May 21
Recent struggles may have you down but there are still plenty of reasons to be cheerful. Life is full of joys and wonders — all you have to do is open your eyes and heart.

♊ Gemini
May 22 - June 21
You may be reluctant to start something new because you sense it is going to be tougher than you expected. You're right, it will. But if you give up now, you will regret it later.

♋ Cancer
June 22 - July 23
You sometimes find it hard to look on the positive side of life but over the next few days you will discover no end of reasons to smile. Remember: You are not a victim and life is what you choose to make of it.

♌ Leo
July 24 - Aug. 23
It seems you have an urgent need to feel accepted by people you work with. That could lead to you doing things that are not in your long-term interests. The best way to impress people is to be yourself.

♍ Virgo
Aug. 24 - Sept. 23
Why are you attaching so much importance to things that are not worth worrying about? You need to snap out of it and get your mind back on track — the one that leads to your dream.

♎ Libra
Sept. 24 - Oct. 23
What others say can't be done, you will do just for the fun of it. If you focus your energy in one direction, you'll achieve something that amazes.

♏ Scorpio
Oct. 24 - Nov. 22
Don't worry too much if your temper gets the better of you and you snap at someone you love. Your solar chart indicates that by this time tomorrow you will be best buddies again.

♐ Sagittarius
Nov. 23 - Dec. 21
Try to focus on an activity that involves you on every level — mental, physical, emotional. If you put everything you've got into what you do today, the results will be spectacular and highly profitable too.

♑ Capricorn
Dec. 22 - Jan. 20
Anything of a creative nature will go well over the next few days, so give yourself permission to dream and let your inner compass guide you in the right direction.

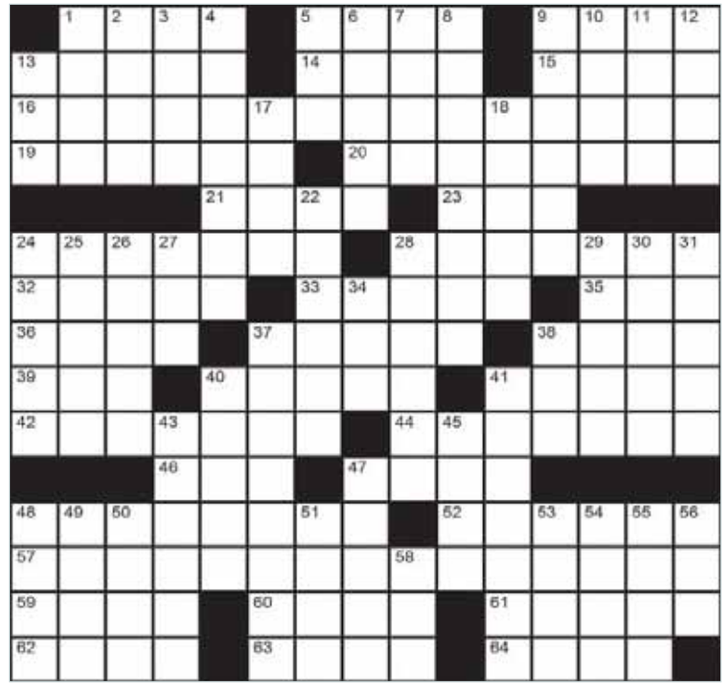
♒ Aquarius
Jan. 21 - Feb. 19
Force yourself to enjoy what you have to do today, even if it isn't your first choice or your second. It will go better than expected and you can reward yourself by indulging in what you do enjoy this evening.

♓ Pisces
Feb. 20 - March 20
Go somewhere you have never been before. Do something you have never done before. The planets suggest you can afford to be adventurous. In fact, you will regret it later if you stay too close to home now. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across
1. Etna extraction
5. Outline
9. Be in need of Gold Bond
13. Not-leaving prisoner
14. Berry found in the Amazon Rainforest
15. Intl. alliance created in 1949
16. People on Black-Berrys, for instance: 2 wds.
19. Run off the track
20. Herman __ (Novelist of Moby-Dick; or, The Whale)
21. Certain
23. South: French
24. Coleslaw's content
28. Discharge
32. The Hunter constellation
33. __ Kea (Site of observatories in Hawaii)
35. The Pacific __
36. Prefix meaning 'Self'
37. Teachers of yore
38. Like an owl
39. Some radios, e.g.
40. Fashion mag
41. Cut
42. Cushy barn section
44. Most times
46. Cartoon fight sound effect!
47. "I'm Yours" singer Jason
48. Passage-hindering war tactic
52. Acadian dish of grated potatoes, __ Pie
57. Medieval-inspired futuristic cartoon series of yore in Canada: 3 wds.
59. Entr'__ (Theatrical interlude)
60. Stretched tight
61. Effort to achieve a goal
62. Filmed a movie
63. The Beatles' Pepper, et al.
64. Guesses [abbr.]

Down
1. Green hue
2. Way over yonder
3. Waitress on "Alice"
4. Craftsperson
5. "Well, __-di-dah!"
6. Green Day's "When _ __ Around"
7. Pony's pride
8. They measure television viewership
9. Newsmagazine show, "__ Edition"
10. Unit of weight in China
11. Keyboard key
12. Outdoor tap hookup
13. John Lennon's unintended acronym
17. Socket's insertee
18. Droplet-looking throat part
22. Outfit the boat with a new sail-support, say
24. Sports team leader
25. Popular island retreat
26. Itsy-__
27. Scarer's sound!
28. "__ Has It" by Adele
29. Princess in "The Little Mermaid" (1989)
30. __ rug
31. Manicure board
34. Get weapons
37. Canadian brothers band, The __
38. "Huh...?"
40. "Twistin' the Night Away" by Sam __
41. Leonard Cohen song title lady
43. Necklace's storing-little-things piece
45. Wrapped garment
47. "You know you gotta help __ ___..." - The Killers
48. Arm: French
49. __ Ness Monster
50. Eight: Prefix
51. Burden
53. Greek letters
54. Station
55. Promissory notes
56. Mr. Asner's
58. "Holding Out for a Hero" singer ...her initials-sharers

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9			3	7				1
	6					8	3	
	8			1	2			4
					6			8
		5				4		
7			5					
3			2	9			4	
	9	1					2	
6				5	1			9

Yesterday's Sudoku

9	6	8	4	7	3	5	2	1
2	7	4	8	1	5	3	9	6
3	1	5	2	6	9	4	7	6
4	3	1	6	9	2	7	6	5
5	8	9	3	6	7	1	4	2
6	2	7	1	5	4	9	8	3
8	9	6	5	4	1	2	3	7
7	5	2	9	3	8	6	1	4
1	4	3	7	2	6	8	5	9

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